



TRIATHLON TRAINING PROGRAM

**Presented by the University of Akron's Student Recreation and
Wellness Services Aquatics Program**

The Triathlon Training Program consists of the following:

- 3 weekly Group Swims at 7:00am on Monday - Wed - Fri (approx. 1 hr)**
- 2 weekly Cycling sessions at 4:00pm on Mon - Wed (approx 50-90 minutes depending on the workout)**
- 2 weekly Running sessions at 5:30pm on Tues - Thurs (1 hr.)**

Class takes place from Oct. 5 - Nov 13

**Register in the Information Office located in the
Student Recreation and Wellness Center**

Student/Member Cost: \$30

Faculty/Staff Cost:\$30

Community non-member cost: \$75



TRIATHLON EVENT

The Actual Sprint Triathlon Event is open to anyone at a cost of \$8 for all student/faculty/staff & \$15 for all non-members. 3-person relay teams can also be formed , and all participants can register at the SRWC information office. The event consists of:

500 yard swim in the ONAT pool

12 mile indoor stationary bike

5k run outside on the track

Multiple heats

Prizes for top finishing times

**The Event takes place on Sunday Nov. 15th, 2009
with Registration starting in October.**

To be added to the triathlon contact list or to have any of your questions answered, contact the Aquatics Program at aquaga@uakron.edu.

***You do not need to participate in the training to register for the event.**