

Indoor Sprint Triathlon- Starting February 1st- Sign Up at The Fitness Desk

Ready for your first Triathlon?

Sprint distance: 1000 yard swim (20 laps), 12.4 mile bike ride, 3.1 mile run

How do I start?

Pick up a Tri-Log at the Fitness Desk

Work at your own pace, but complete all the miles between February 1st thru February 28th

How can you accomplish this?

Swim laps and have the lifeguard signoff on your Tri-Log

Run on the treadmill and have the fitness specialist signoff on your Tri-Log

Take a spin class or jump on one of the stationary bikes and have the instructor or fitness specialist sign off on your Tri-Log

Submit your completed Tri-Log at the Fitness Desk by end of day February, 28th 2017. Those who complete all the miles will be entered into a raffle to win prizes including personal training, a Fitbit and more!

Have fun!!