

# TRIATHLON TRAINING

**swim**



**bike**



**run**

*This program is designed for those interested in individualized triathlon training. Workouts are based on each person's needs and goals. Class size limited to ten. For all levels of fitness.*

**DAY/TIME:** Monday and Wednesday, 7:00 - 8:30 p.m.  
Class meets on pool deck.

**SESSIONS:** A) January 6 - February 10      C) March 31 - May 5  
B) February 17 - March 24      D) May 12 - June 16

**COST:** \$185 Monterey City Resident  
\$193 Other City Resident

**AGES:** 14 and older

**INSTRUCTOR:** Terri Bilbro, USA Triathlon Level II Certified Coach

**ACTIVITY:** 52060

**MONTEREY SPORTS CENTER 646-3730**

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