



HFFA Triathlon & Multi-Sport Training Schedule

Energized by Coaches Sarah Hart, Jill Baulieu & Monica Smith

TIME	MON	TUES	WED	THURS	FRI	SAT
5:00-6:00AM		TRI Swim		TRI Swim		
6:15-7:15AM		TRI Swim		TRI Swim		
6:30-7:30AM			UPGRADE CT		UPGRADE OWS	
7:15-8:15AM		TRI Swim		TRI Swim		
8:00-9:15AM						UPGRADE TRI Circuit
8:15-9:15AM		TRI Swim		TRI Swim		
9:15-10:15AM				TRI Swim		
9:30-10:45AM						UPGRADE TRI Circuit
12:00-1:00PM		UPGRADE CT	TRI Swim	UPGRADE CT		
4:30-5:30PM	UPGRADE TRI Circuit					
5:30-6:30PM	UPGRADE Run					
5:45-6:45PM		UPGRADE CT		UPGRADE CT		
5:45-6:45PM	Youth TRI Circuit					
6:00-7:20PM	Youth TRI HFFA		Youth TRI HFFA			

TRI SWIM

Looking for a group to train with & an opportunity for swim advancement? TRI swim classes are geared towards improving technique, pacing & overall fitness level. Classes include proper warm up, drills to fine-tune technique, sets to improve cardiovascular & muscular strength.

PRIVATE SWIM LESSONS

Looking for an opportunity to enhance your swim technique? Private swim lessons provide a full analysis of your freestyle swim stroke. Lessons include specific drills to fine-tune technique & appropriate swim sets to improve pacing, power & speed.

TRI PERSONAL STRENGTH TRAINING

Eager to work on your entire physique to become super fit? TRI personal strength training sessions are designed to improve muscular strength & endurance while working on posture, balance, range of motion, flexibility & a bit of cardiovascular conditioning.

YOUTH TRI

Wanting to jump into the world of multi-sport training? Youth TRI classes are open to ages 8-12 eager to learn proper swim technique, cycling efficiency & run biomechanics. Classes include swim, bike & run training along with athletic conditioning in a fun, motivating environment.

UPGRADE COMPUTRAINER™

CT classes work on pedal stroke efficiency, improving lactate threshold and VO2 max levels. CompuTrainer™ is the most advanced indoor cycling training system used by professional multi-sport athletes. This amazing training system tracks endurance, speed, heart rate & power all while you ride through a virtual terrain displayed on a large screen monitor. Your own road/tri bike is required. *Sessions with separate fee.*

UPGRADE INDOOR TRI CIRCUIT

Geared towards improving overall fitness levels in multi-sport athletes. TRI Circuit classes include the use of the VASA swim ergometer, CompuTrainer™, treadmill & strength equipment. Athletes transition from indoor swim to bike to run segments working on cardiovascular stamina, muscular strength & endurance. Your own road/tri bike is required. *Sessions with separate fee.*

UPGRADE RUN

Eager to achieve faster run times? All levels will improve run form & cardiovascular health while achieving faster run times in a highly motivating environment. *Sessions with separate fee.*

UPGRADE OPEN WATER SWIM

OWS classes provide triathletes with the ability to work on open water swim technique & pacing efforts to help prepare for any race. Athletes will practice race day simulations & work on open water specific drills including sighting, drafting, advanced skills. Kayaks will accompany swimmers for safety. In season (Apr-Sep) *Sessions with separate fee.*

FOR MORE INFORMATION CONTACT SARAH HART: 704-506-9403 or EMAIL SARAHHART@HUNTERSVILLE.ORG