



HFFA Triathlon & Multi-Sport Training Schedule

Energized by Coaches Sarah Hart, Jill Baulieu & Monica Smith



TIME	MON	TUES	WED	THURS	FRI
6:30-7:30AM			UPGRADE ZWIFT CYCLING		
6:30-7:30AM			UPGRADE RUN		
7:45-8:45AM		TRI SWIM		TRI SWIM	
8:00-9:00AM		UPGRADE ZWIFT CYCLING			
9:00-10:00AM					UPGRADE RUN
11:00AM-Noon		TRI SWIM		TRI SWIM	
5:30-6:30PM	UPGRADE RUN				

TRI SWIM CLASS

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 | ATHLETIC CONDITIONING

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 PERSONAL TRAINING | ATHLETIC CONDITIONING

Wanting to jump into the world of multi-sport training? Youth TRI training is open to ages 8-17 eager to learn proper swim technique, cycling efficiency & run biomechanics. Training includes swim, bike & run training along with athletic conditioning.

UPGRADE ZWIFT CYCLING CLASS

ZWIFT cycling is an online training program that enables athletes to interact and train in a virtual world. Achieve your goals with structured workouts assigned by our coach. The Zwift monthly plan includes one coached session per week. Client HR and watt zones are determined with an FTP test. Requires your own road/tri bike and Zwift app. *Sessions with separate fee.*

UPGRADE RUN CLASS

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.*

FOR MORE INFORMATION CONTACT SARAH HART
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