



HFFA Triathlon & Multi-Sport Training Schedule



TIME	MON	TUES	WED	THURS	FRI
6:30-7:30AM			UPGRADE RUN		
7:00-8:00AM		TRI SWIM		TRI SWIM	
9:00-10:00AM					UPGRADE RUN
11:00AM-Noon		TRI SWIM		TRI SWIM	
Noon-12:30PM		TRI ATHLETIC CONDITIONING			

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 ATHLETIC CONDITIONING CLASS | TRI PERSONAL 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 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. Individual training includes swim, bike & run along with athletic conditioning.

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 (704) 506-9403 | SARAHHART@HUNTERSVILLE.ORG