



HFFA Triathlon & Multi-Sport Training Schedule



TIME	MON	TUES	WED	THURS	FRI
7:00-8:00AM	HFFA CYCLE 30 7:00-7:30AM	TRI SWIM		TRI SWIM	HFFA CYCLE 30 7:00-7:30AM
7:30-8:30AM					
9:00-10:00AM					
11:00AM-Noon		TRI SWIM		TRI SWIM	
Noon-12:30PM		TRI STRENGTH			

TRI SWIM CLASS

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

INDIVIDUAL SWIM LESSONS

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

HFFA CYCLE 30/15 CLASS

Looking for an opportunity to improve bike fitness? Cycle classes help athletes strengthen both muscular stamina and cardiovascular endurance in a fun, motivating environment. 30 min cycling and choose to add on 15 min strength.

INDIVIDUAL TRI RUN SESSIONS

Eager to achieve faster run times? Individual sessions include run gait analysis to improve run form, knowledge of run cadence and accurate speed for various distances, Sessions help athletes improve run efficiency and a higher level of cardiovascular health in a focused, motivating environment.

TRI STRENGTH CLASS

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

INDIVIDUAL 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.

FOR MORE INFORMATION: CONTACT SARAH HART (704) 506-9403 | SHART@CLUBANDLEISURE.COM