



M22 CHALLENGE TRI TRAINING WITH TRI AGAIN FITNESS

WHAT IS THE M22 CHALLENGE TRI TRAINING?

The YMCA M22 Challenge Training Plan is designed to enhance functional strength & performance, in a way that lays a foundation and prepares your body to battle the grueling stages of the M22 Challenge race. The Grand Traverse Bay YMCA Multi-Sport Training Center can help you reach your full race potential. Our certified coaches will design workouts tailored to your current level of fitness while allowing you to train in a group setting. Beginners and elites can train effectively side by side.

8- WEEK PROGRAM RUNS APRIL 20-JUNE 7, 2015

60 MINUTE TREADMILL RUNS

Our Treadmill Runs afford each athlete the social aspect of training with a group. You run at your ideal intensity, not being held back or left behind.

DAYS

Monday/Wednesday:
5:00AM-7:00AM, 7:00PM-9:00PM

90 MINUTE COMPUTRAINER

Our Computrainers measure wattage, cadence, heart rate, speed and distance while you ride YOUR BIKE on a variety of simulated courses and terrains.

DAYS

Tuesdays/Thursday:
5:15AM-7:15AM, 7:00PM-9:00PM

30 MINUTE VASA PADDLE ERGOMETER

Our Vasa Paddle Ergometer will help you build strength and power in movements specific to paddling.

DAYS

Monday/Wednesday:
5:00AM-7:00AM, 7:00PM-9:00PM

MULTI-SPORT 1 | \$150/SESSION

ADULT

- (1) 30 minute Paddle/Swim Bench
- (1) 90 minute Computrainer
- (1) 60 minute Treadmill Run

MULTI-SPORT 2 | \$300/SESSION

ADULT

- (2) 30 minute Paddle/Swim Benches
- (2) 90 minute Computrainers
- (2) 60 minute Treadmill Runs

For more information, please contact Coach Tony V. at tonyv@gtbayymca.org today!

