

Cayuga Coaching

Winter Indoor Triathlon Training

****FREE entry to Cayuga Coaching Indoor Tri (February 9) Included**

4-week Program Begins
January 12

Swim

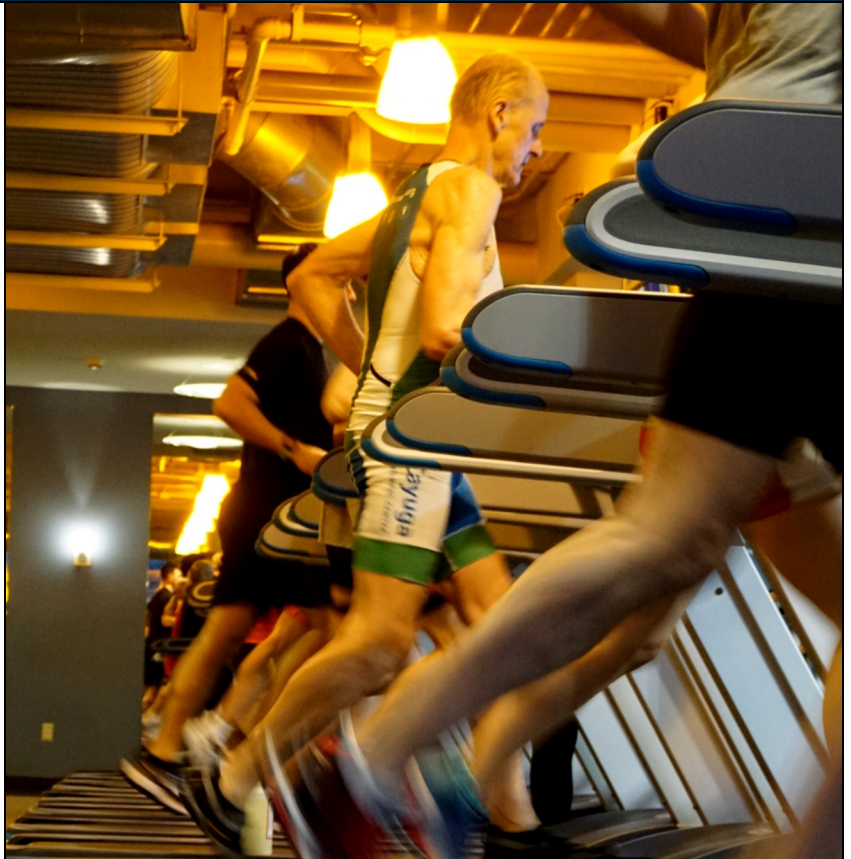
Coach: Sue
Thursday
11:30am-12:30pm

Bike

Coach: Liz and Sheila
Saturday 7:30am-8:30am

Run

Coach: Dillon
Monday 4:00pm-5:00pm



Choose the training you want to participate in; or do all three!

Whether you are training for your first triathlon or want additional coaching. Our expert coaches will help you to achieve your goals!

One Sport — \$50/ \$60*
UPick2 Sports — \$90/ \$100*
All Three Sports — \$125/ \$150*
**Non-Member Pricing*

**For more information contact Cayuga Coaching Program Coordinator
Dillon Shaffer, dshaffer@cayugamed.org**



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CAYUGA
COACHING



in partnership with Cayuga Medical Center

