

TRI THLON MANITOBA

FALL & WINTER KIDS PROGRAM



October 1, 2018 to March 31, 2019

Training Schedule includes options to commit to **1, 2 or 4 workouts a week:**

Mondays & Wednesdays – Swim Workouts

from 8:00 – 9:00 pm at Pan Am Pool

Tuesdays & Thursdays – Bike & Run Workouts

from 6:30 – 8:00 pm at U of M, Max Bell Centre

Information & Registration Options @

www.triathlonmanitoba.ca