

REGISTRATION NOW OPEN

TRAINING DATES

June 25 - Aug. 13, 2024

TRAINING LOCATIONS

NIFS Fitness Center
Eagle Creek Park
and
The Natatorium

RACEDAY

Aug. 17, 2024
at Eagle Creek

SWIM



BIKE



RUN



WOMEN'S TRIATHLON TRAINING

All Experience Levels Welcome.

PROGRAM COST

TRAINING WITH RACE
ENTRY INCLUDED*

Members: \$200

Non-Members: \$235

TRAINING ONLY

Members: \$145

Non-Members: \$180

*Does NOT include 1-day
USAT pass of \$15
(if not a USA Triathlon member)

PROGRAM COMPONENTS

- Expert coaching by Kris Simpson, USA Triathlon Level I Certified Coach
- Weekly Training plans
- Training protocols for all abilities
- Bonus open-water swim opportunities
- Pre- and post-race nutrition information
- Learn warm-up/cool-down and recovery protocols
- Refreshments after each training session
- Post-event celebration on August 20th
- Duathletes welcome!! Provided with race-specific workouts

BEGINNERS TO ADVANCED ARE WELCOME. SPACE IS LIMITED! REGISTER TODAY!

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ E-mail: _____

Emergency Contact Name/Phone: _____

CURRENT NIFS Member: Yes / No Age: _____

T-shirt Size: S M L XL XXL

Total enclosed \$ _____ Check # _____

Please make checks payable to NIFS.

Payment by Credit Card

Credit cards accepted online or at the Service Desk.

CHOOSE ONE: TRIATHLON TRAINING DUATHLON TRAINING

For questions, or to register contact:

Kris Simpson at

317.274.3432 ext. 211

or email ksimpson@nifs.org

Tim Howard at

317.274.3432 ext. 244

or email thoward@nifs.org

Scan QR code to
register online



National Institute for Fitness and Sport

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or go to nifs.org under
fitness center/training programs