8-Week Duathlon Training Program

Prepare yourself to complete the inaugural Hub City Days Duathlon by honing your skills with our fitness coaches and experienced duathlon group leaders. This self-sustaining program is designed to help improve your distance, speed, technique, and endurance. Participants must be 13 years of age or older.

PROGRAM KICK-OFF*
Wednesday, June 1st
7:00-8:00 pm
Marshfield Area YMCA

Don’t miss this detailed orientation to the training program which will include:

- An overview of the self-sustaining program presented by YMCA Wellness Coordinator, Molly Michalek
- Customized 8-week training plan for beginner or intermediate participants
- Equipment & gear review
- A play-by-play account on what to expect from the bike and run on race day, told from a racer’s point of view
- Transitions, nutrition, and race day strategy
- Brick training - why this is important
- Tips on strength & flexibility training

*It is important that you attend this orientation if you plan to participate in the training program. Please contact Rochelle Hill at the Y if you are unable to attend the orientation, but interested in participating.

The 8-Week Training Program, beginning on June 6, will include:
- Group Outdoor Runs
- YMCA Group Cycling drop-in passes

Y MEMBER REGISTRATION
available at the Y Welcome Center, online at mfldymca.org or by contacting the Y at 715.387.4900

Non-Member Registration
available at the Y Welcome Center or by contacting the Y at 715.387.4900

PROGRAM COST
Y Member - $10
Non-Member - $20
Program #: 05603-01
Preregistration is required
Registration Deadline: June 1

FOR MORE INFORMATION
contact YMCA Director, Rochelle Hill, at 715.387.4900 ext. 227 or by email rhill@mfldymca.org

HUB CITY DAYS DUATHLON
Saturday, July 30, 2011
UW-Wood County/Marshfield

The duathlon will consist of a 2-mile run, 15-mile bike ride and 2-mile run.

For more information regarding the duathlon, visit Marshfieldclinic.org/duathlon or call Marshfield Clinic Development at 800.858.5220

MARSHFIELD AREA YMCA, 410 W McMillan St, Marshfield WI 54449  P 715.387.4900  W mfldymca.org