



# Adult Triathlon Training

## LEHI LEGACY CENTER ADULT TRIATHLON TRAINING

*Are you looking for a way to get into shape?*

The objective of this course is to prepare the participant to compete in their first triathlon or increase the performance of an experienced tri-athlete.

**Instructor Bio:** Kristy has a bachelor of Science degree from the University of Utah in Behavioral Science and Health. She was a full ride scholarship student athlete at the University of Utah for the swimming and diving team. During her years at the U of U, she was voted one of the top 25 women athletes of all time. She received the U of U Community Service Award two years in a row and was voted team MVP her sophomore year. She was the team captain for her junior and senior year.

Kristy has been doing triathlons for seven years. She has placed in the top three of her division in every race for the past three years. She has completed two triathlons while pregnant, one sprint distance and one Olympic distance, finishing first place in both races in her division. She is currently the registration coordinator for TriUtah.

She enjoys biking, swimming, hiking, backpacking, camping, fishing, water skiing, sewing, cooking, gardening, canning, and spending time with family. She is a mother of three.

### ×QUICK FACTS

- What ..... Triathlon Training
- Where ..... Aerobic room, Pool, Track, Gym, & Outside
- Who ..... Beginning and Experienced tri-athletes 18 yrs+
- Day ..... Saturdays
- Date ..... Jan 7<sup>th</sup> – March 3<sup>rd</sup> (8 classes) – No Classes 2/4
- Time ..... 9am-11:30am
- Fee ..... \$92 (\$77 Lehi Resident Discount) for 8 classes
- Includes ..... Workouts, education on nutrition & injury prevention, monthly plan & nutrition log.
- Required ..... Bring workout clothes, shoes, swim suit, goggles, towel, water bottle and energy snacks.
- Recommended: swim training fins, bike shorts, a waterproof watch with a stopwatch.

### REGISTRATION

**Deadline- Jan 3<sup>rd</sup>, 2012\*Must pre-register**

Come to the Legacy Registration back offices  
Mon-Fri 8am-6pm OR [www.lehi-ut.gov](http://www.lehi-ut.gov)

**(Non-refundable)**

### INFORMATION

For more information call Legacy Front Desk at 801-768-7124



Lehi Legacy Center  
123 N Center St.  
801-768-7124



[www.lehi-ut.gov/legacycenter](http://www.lehi-ut.gov/legacycenter)

