

# 12 week Beginner Olympic for Denver Triathlon-Kim Boere USAT L1/CSCS

Author: Kim Boere

12 weeks - \$125.00

Total Hours: 83



12 week Beginner Olympic Denver Triathlon \$125.00-Kim Boere USAT L1/CSCS. This plan is designed for the first time triathlete or inexperienced triathlete that wants to improve their race time. This program requires user to be able to exercise 7-12 hours per week. Users of this plan should possess basic swimming, bike handling and running skills. This plan is based on the course for the Denver Triathlon Olympic Distance which includes a .93 mile swim, 24.8 mile bike, 6.2 mile run.

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Training Volume for 12 week Beginner Olympic for Denver Triathlon-Kim Boere USAT L1/CSCS

