

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

Author: Kim Boere
12 weeks - \$125.00
Total Hours: 103



12 week Expert Olympic Denver Triathlon \$125.00-Kim Boere USAT L1/CSCS User should be able to exercise 7-12 hours per week. Should be able to demonstrate strong swimming skills as well as strong bike handling skills. This plan is great for the triathlete that is looking to improve their race times or even place in their age group. 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.

[Download description file](#)

► What do you get with a training plan?

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

