

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

Author: Kim Boere

12 weeks - \$125.00

Total Hours: 71



12 week Expert Sprint for The Denver Triathlon \$125.00-Kim Boere USAT L1/CSCS User should be able to exercise 6-8 hours per week. Should be experienced with strong swimming skills as well as longer bike and running workouts. This plan is great for a seasoned sprint triathlete that wants to improve time or even strive to place in their age group. This plan is based on the course for the Denver Triathlon which includes a .5 mile swim, 14 mile bike, 3.1 mile run.

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

