

3433 Programs

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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3433 TRIATHLON OPEN WATER SWIM // AGE: 17Y+

FIT FOR LIFE, COMPETITIVE FOR LIFE: These open water swim sessions are designed to help prepare triathletes of all levels for completion! Learn under the guidance of our experienced 3433 Sport Performance Centre coaches how to swim effectively and efficiently in the open water and learn critical open water swimming skills. These swims take place at Lake Mackenzie however, there are several sessions in which we can not access the lake (June 19th, July 12th, 17th & 19th). These sessions will be at Repsol Sport Centre. Space is limited in this program.

6609	Tu	Jun 12–Aug 14	6:30 PM–8:00 PM	\$200.00	\$240.00	10
6610	Th	Jun 14–Aug 16	6:30 PM–8:00 PM	\$200.00	\$240.00	10

3433 GROUP BRICK // Age: 17Y+

FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN

The ability to run after the cycling portion of a triathlon is a key element to success in this sport. This group training session is designed to fine tune and increase your ability to run quickly and comfortably once off the bike. The 3433 Group Brick will help athletes adapt to the transition between the cycle and the run. Coaches will provide athletes with opportunities to build their aerobic base in order to increase their running speed. Coaches will also educate athletes on pacing strategies and provide them opportunities to practice the skills required for a quick transition.

6611	W	Jun 6–Aug 15	6:30 PM–8:30 PM	\$192.50	\$209.00	11
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3433 RSC RUN BASE CAMP // Age: 17Y+

FIT FOR LIFE, COMPETITIVE FOR LIFE, LEARN TO TRAIN: Striving to improve your run distance? Looking to build volume or speed into your training to advance without potential injury? Whether you are just getting started or a seasoned racer, our brand new performance based running program is designed to fit the individual. Led by 3433 Endurance Coaches, athletes will learn techniques, drills and tips in weekly interval sessions. To maximize your Run Base Camp experience our facility offers access to a steam room, Sport Recovery cold tub, and numerous cross-training options.

6607	Tu	Jun 26–Aug 14	6:00 PM–7:00 PM	\$112.00	\$136.00	8
6608	Th	Jun 28–Aug 16	6:00 PM–7:00 PM	\$112.00	\$136.00	8

3433 STRENGTH TRAINING FOR ATHLETES // Age: 17Y+

FIT FOR LIFE, COMPETITIVE FOR LIFE: This program is ideal for cyclists, triathletes and runners looking to improve performance and reduce risk of injury. Through evidence-based strength training methods athletes, will receive coaching on basic strength movements such as Barbell Squats, Deadlifts & Power Cleans. Sessions will be individualized and periodized for each athlete to maximize their returns in the weight room. To ensure each participant gets enough individual attention and coaching, we will be limiting the initial program to only 8 athletes.

6605	W	Jun 27–Aug 15	6:00 AM–7:00 AM	\$144.00	\$176.00	8
6604	W	Jun 27–Aug 15	6:30 PM–7:30 PM	\$144.00	\$176.00	8

3433 TRIATHLON SWIM // Age: 17Y+

FIT FOR LIFE, COMPETITIVE FOR LIFE: These Monday / Wednesday / Friday noon-hour swim sessions are designed for all triathletes interested in refining techniques to maximize comfort, efficiency, speed and endurance in the water. Learn under the guidance of our experienced 3433 Sport Performance Centre coaches how to swim effectively and efficiently, not just how to survive in the water.

6066	M	Jun 4–Aug 13	12:00 PM–1:00 PM	\$117.00	\$144.00	9
5074	Tu	Jun 5–Aug 14	6:00 AM–7:00 AM	\$130.00	\$176.00	11
5076	Tu	Jun 5–Aug 14	7:00 AM–8:00 AM	\$130.00	\$176.00	11
5075	Th	Jun 7–Aug 16	6:00 AM–7:00 AM	\$130.00	\$176.00	11
5077	Th	Jun 7–Aug 16	7:00 AM–8:00 AM	\$130.00	\$176.00	11
6612	F	Jun 8–Aug 17	12:00 PM–1:00 PM	\$143.00	\$176.00	11

3433 Ongoing Programs

[open registration]

3433 YOUTH TRIATHLON CLUB \$175–\$250/month

LEARN TO TRAIN, TRAIN TO TRAIN: This program is designed to maximize the performance potential for athletes looking race at any level, from Kids of Steel to draft legal triathlons. This program provides 11–18 year olds with a supportive and cohesive training environment that gives athletes the tools to enhance their performance at the next level. Registration is ongoing throughout the season.

3433 TRIATHLON CLUB Packages starting at \$131/month

COMPETITIVE FOR LIFE: Join the premier triathlon program in Calgary. Through challenging and supporting athletes, our coaches create a sport performance community tailored to individual athlete needs and developing excellent results. 3433 Triathlon Club is ideal for the goal-oriented individual interested in making science-based progress in their sport. We are the largest club in the city with members ranging from 23–70 years old. We develop and support a performance mindset in sprint, international, half and full ironman distance races. Many club members utilize the program to lay a base fitness for triathlon, cycling events, running races and adventure racing.

Triathlon Club members have the option to register for 2 or 3 courses per semester. They can choose from any of our registered programs above or the Triathlon Club only programs below.

3433 CUSTOMIZED COACHING PACKAGES \$225–\$330/month

Our Customized Coaching Packages provide athletes with a science-based training program tailored to their individual goals and busy schedule. These programs are athlete-driven and coach-designed. We believe that the best program for each individual athlete is the one that fits their lifestyle and their ultimate aims. These packages are great for busy cyclists, triathletes and runners looking to qualify for their goal race or set a new personal best.