



# **MASTERS/TRIATHLON TRAINING PROGRAM**

**Fridays 6:00–7:30 A.M.**

**Beginning September 8th, 2017**

Designed to give adult lap swimmers a group setting for their workouts. Swimmers will have structured workouts focusing on technique and interval training. Whether you swim for the physical fitness benefits or are a competitive swimmer, you can improve your technique and physical fitness in this program. All skill levels are welcome!

