



Mon Sept 13th to Mon Nov 29th (11 weeks)

Cost = \$30.00 (Register by Mon Sept 13th)

Complete the Following:

SWIM 22km (2km per week) OR ROW 55km (5km per week)

CYCLE 330km (30km per week)

RUN / WALK 110km (10km per week)

DO A TRIATHLON AT PACE OR OFFICIAL RACE (MIN. 400M SWIM / 12KM RIDE / 3KM RUN/WALK)

RECORD ALL TRAINING IN LOG BOOK PROVIDED

How? - Participants are encouraged to complete the above distances by attending Swim Pace, Run Pace and RPM or Spinning Classes.

Distances may also be completed outside of these sessions but need to be recorded using a GPS watch OR on the mywellness app.

OR by having a Staff Member sign your Log Book

Prizes:

All participants who finish all components of the TRI CHALLENGE will receive 2 weeks membership. Other prizes will also be awarded for the Most Dedicated, Most Improved & Most Distance Covered.



TRI CHALLENGE



REGISTRATION FORM

Name: \_\_\_\_\_ (Mobile) \_\_\_\_\_

Email: \_\_\_\_\_