

SOURCE ENDURANCE

TRAINING CENTER of the ROCKIES

6 Weeks to Fitness: Lake to Lake Tri

Want to be fit for Lake to Lake Tri or get into multisport shape? Join us for 6 Weeks to Fitness: Lake to Lake Tri. We'll use specific interval training that will increase in intensity week to week for quick and efficient workouts during the busy work-week and with the encouraging environment of a group setting.



We've also partnered up with [MP Multisport](#) for run and swim workouts for 6 sweet weeks of training.

Perfect for the time-crunched triathlete and the new triathlete. No experience needed.

Times: May 8th through June 23rd. For Kickr classes: Choose M/W 5am, or M/W 5:30pm for your Kickr sessions. Tuesday Night Track Sessions at 5:30pm also included.

Duration: 6 weeks, 2 class sessions per week. Take home bike, run, and swim workouts.

Cost: \$349 (\$159 for unlimited members). 10 slots per class, 20 spots total.

The Perks:

- 2 Kickr power tests at the beginning and end of the series to evaluate results.
- 2 Kickr group workouts per week at SETCR + Tuesday Night Track with MP Multisport!
- Take home workouts- a Source Endurance and MP Multisport collaboration
- Recommended rest day(s) or pre-race efforts
- Weekly training tips on Sunday evenings to reflect on the previous week, preview the week ahead, and other training and event tips.
- One 30 minute treatment from Empower Performance Therapy athletic training with optional add-ons.
- Take-home report and recommendations at the end of the series.
- Source Endurance T-Shirt & schwag bag.

[SIGN UP M/W 5:00am](#)

[SIGN UP M/W 5:30pm](#)