

2023 Youth Training 8-18 years boys + girls

Email ben@hitricenter.com or call 808-333-1151 for more information

The goal of the youth program is to introduce the sport of triathlon in a way that encourages lifetime participation and health with an opportunity to pursue a high performance racing if the athlete desires. Age groups are a loose division based on skills, emphasis is on avoiding traumatic experiences and encouraging athletes to reach their goals.

Grouping:

8-10 years

11-12 years

13-18 years

Pricing:

Sunday workouts beginner: \$100 per session

Sunday workouts return: \$150 per session

Three workouts a week or if on Training Peaks and/or traveling workout program: \$200/session

Workout schedule:

Sunday morning locations:

Kualaka'i (Amy)

Kailua (Ben)

Tuesday afternoon: Kailua (Ben)

Thursday afternoon: Ala Moana (Ben)

*racing age on December 31 of each year

Registration opens for Iowa on January 16

There are 3 sessions throughout the year:

January 8 - March 18

Feb 11: Makaha time Trial

March 11: North Shore Triathlon

March 13-18 Training camp

2 weeks break

April 9 - August 6

May 21: Honolulu Triathlon

June 17: Haleiwa Triathlon

June 19-23: Training camp

July 9-10 Flatlands Triathlon Iowa

August 4-6 USAT Nationals Wisconsin

2 weeks break

August 27 - November 25

September 16: Kualaka'i Triathlon
November 25: Turtle Bay Triathlon

Winter break

Iowa: July 9-10 Is qualifying race Reg opens Jan 16 youth race 13-15, junior 16-19 (Dec 31)