

2023 Adult Group Training 18+

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

Small groups will be divided by ability and comfort level preferences. All groups include skills clinics throughout the season and discounted race entries for HTC events while actively enrolled.

Annual group training will include regularly scheduled clinics covering:

- Cycling skills
- Roadside basic repair
- Roadside flat repair
- Swim technique
- Run technique
- Nutrition clinic

Training camp available for additional cost: Big Island Training Camp April 27-30, 2023

Beginner sessions \$320 for 8 week session, training 4-6 hours per week:

January 9 through March 11, 2023 (NS Triathlon)

April 17 through June 17, 2023 (Haleiwa Triathlon)

July 17 through September 16, 2023 (Kualaka'i Triathlon)

September 25 through November 25, 2023 (Turtle Bay Triathlon)

Meeting schedule for in-person coaching:

Tuesday @ Kailua 5p

Thursday @ Ala Moana 5p

Saturday @ sunrise, location will vary but typically Kailua

All workouts for the week will be loaded into Training Peaks

No experience at all necessary. Safety first! We'll address the primary safety concerns around racing triathlons. Once we're safe, we'll cover the basics of swimming, cycling, running, transitions, and nutrition, as well as basic racing strategy.

The January session will focus on preparing for the North Shore Triathlon on March 11. This group will then have the opportunity (encouraged!) to continue on with the sprint/Olympic distance program or join the half ironman program, focused towards the local Olympic and 70.3 distance events in May and June and sprint events throughout the rest of the year.

The April beginner program will prepare athletes for the Haleiwa Triathlon on June 17

The July beginner program will prepare athletes for the Kualaka'i Triathlon on September 16

The September beginner program will prepare athletes for the Turtle Bay Triathlon on November 25.

Sprint/Olympic \$160/Mo billed monthly, training 5-10 hours per week beginning January 9:

Reach your goals! If you have some experience or picking up the sport quickly and interested in the sprint and Olympic distance, this is the group for you. Whether your goal is to achieve your personal best or to stay healthy this program encourages measured progress. Safety is always the main concern. Once we're training safely, this group will include personalized testing and interval training, swim/bike/run/transition specific technique and technical feedback on posture and movements. Training will also include heart rate and power specifics if the athlete has this equipment.

Meeting schedule for in-person coaching:

Tuesday @ Kailua 5p

Thursday @ Ala Moana 5p

Saturday @ sunrise, location will vary but typically Kailua

All workouts for the week will be loaded into Training Peaks

Suggested race calendar (more/less races can be accommodated). Personalized race recommendations will be made based on areas each athlete would like to improve.

February 11: Makaha Time Trial (20km)

March 11: North Shore Triathlon (sprint)

April 9: Tantalus Time Trial (4.5 mile climb)

Big Island Camp: April 27-30

May 6: Malaekahana Time Trial (40km)

May 21: Honolulu Triathlon (sprint or Olympic)

June 3: Honu IM 70.3 (half Ironman)

June 17: Haleiwa Triathlon (sprint)

August 4-6: Age Group Nationals (sprint + Olympic)

September 16: Kualaka'i Triathlon (sprint)

November 25: Turtle Bay Triathlon (sprint + Olympic)

Long course (half and full distance Ironman) \$160/Mo billed monthly, training 8-15+ hours per week beginning January 9:

Safety first- crashes and injuries are bad for business! This group will work on advanced fitness and technical skills in the swim, bike, run, transitions, and nutrition for racing half and full distance triathlons. We will dive deep into swim technique, pedaling dynamics, run posture, and maximizing transition efficiency. It is recommended that athletes in this group have access to a GPS watch, heart rate monitor, and power meter.

Meeting schedule for in-person coaching:

Tuesday @ Kailua 5p

Thursday @ Ala Moana 5p

Saturday @ sunrise, location will vary but typically Kailua

All workouts for the week will be loaded into Training Peaks

This group will focus on peaking for a summertime (June-July) half Ironman and a fall (October-November) half or full distance Ironman. In addition to that, local races are encouraged as part of the training development.

Suggested race calendar (more/less races can be accommodated). Personalized race recommendations will be made based on areas each athlete would like to improve.

February 11: Makaha Time Trial (20km)

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