

Pinnacle Triathlon Training is Back!



Prepare inside. Be ready to perform outside.

Training and community support to help you reach your goals.

New to triathlon? Looking to improve past performance?

7 weeks: Sundays, 7a - 9a, April 7 - May 19

Coached workouts in all 3 disciplines

Training advice with experienced triathlon coaches

Face the open water with confidence

Execute smooth transitions

Improve your training, racing, and fueling strategy

Nail your power and cadence on the bike

Run off the bike with the energy to finish strong

Insight into WI Tri Series, Milkman, and local Ironman races

Limited class size for individualized attention

Swim Coach: Cynthia Liu

Cycling/ Running Coach: Katie Kornaus

Registration Required. Members: \$175. Non-members \$200

Questions? Email: cynthia@phfitness.com