



DJFE Triathlon Training Programs are designed for any athlete desiring to complete their first triathlon or take their training and racing to the next level with structured training. These programs accommodate triathletes from the beginner signing up for his/her first triathlon to intermediate triathlete who wants to improve their skill and racing experience.

- Learn the keys to making your race a success!
- Fun workouts within a complete training program (comprehensive plan from Day 1 to Race Day).
- Experienced coaching to answer all your questions.
- Learn the rules for fueling to set you up for the most successful day possible.

If you have any questions or need additional information, please contact Coach Dana at dana@djsfitnessevolution.com or 707-291-7164.

SPRINT TRAINING PROGRAM (12 WEEKS)

WHAT YOU GET FOR \$399

- A detailed training plan with support (\$55 value)
- 2 coached bike workouts per month and other training support (\$150.00)
- Free email support (i.e., swimming, nutrition, transitions, race strategy etc.)
- Weekly Group Strength Training - Tuesday Nights at 6pm (\$168 value)

TRAINING SESSIONS

WEEKLY WORKOUTS*

- Bike Training (2x a month) – Sunday 9:00 AM Santa Rosa Creek Trail (meet at DJFE Studio)
- Weekly Group Strength Training - Tuesday Nights at 6pm (DJFE Studio)*

*This schedule is subject to change

LOCATIONS

Dana Jones Fitness Evolution Private Studio - 239 Juanita Ct, Santa Rosa, Ca.
Santa Rosa Creek Trail Head

REFUND POLICY

No Refunds or Transfers Allowed.