

# Indoor Triathlon Training at the Mount

Have you ever watched a triathlon and said to yourself “these people are nuts”, but have secretly wished you could tri – it?

Indoor training for this multi-sport can be done at the Mount Fitness Centre Weight Room using pulleys or tubes (for swimming), a spin bike and a treadmill.

The logo for Mount Fitness Centre features the word "MOUNT" in a large, bold, blue sans-serif font. Above the "O" in "MOUNT" is a stylized graphic of a blue and green swoosh. Below "MOUNT" is the text "Fitness Centre" in a smaller, blue sans-serif font. At the bottom of the logo is the phone number "457-6420" in a blue sans-serif font.

**MOUNT**  
Fitness Centre  
457-6420

**To receive your training package:**

To register please visit the  
Mount Fitness Centre Front Desk  
or email [pat.macdonald@msvu.ca](mailto:pat.macdonald@msvu.ca)

Patricia MacDonald, a certified Trainer and experienced Triathlete will help, support and provide you with a 16 week training plan and record sheets that can be completed during the work week.

The program begins the week of January 16 to April 15 but you can join in any time before February 16.

