

## **GROUP TRAINING PROGRAM MINIMUM FITNESS REQUIREMENTS**

*The below requirements describe the minimum level of fitness ability required to begin on Day 1 of each training program type. These requirements are written not for the intent of excluding anyone, but rather to ensure that all athletes are prepared for a mutually successful and positive training experience.*

*If you wish to participate in a Group Training Program that you do not currently meet minimum fitness requirements for, use this time to get ready! Exploring 1-on-1 Coaching Services (also offered through our team) may be an excellent way to devise a high quality, professionally curated, and personally tailored training experience unique to your needs.*

### **Iron Distance Triathlon**

(24-week program)

Athlete has 0-4 weeks of general endurance training prior to starting the program.  
Athlete is capable of swimming 2000 yards, biking 2 hours, and running 1 hour (separately, not subsequently).

### **Half Distance Triathlon**

(20-week program)

Athlete has 0-6 weeks of general endurance training prior to starting the program.  
Athlete is capable of swimming 1500 yards, biking 1.5 hours, and running 1 hour (separately, not subsequently).

### **Gravel Event with 2-4 Hour Expected Finish Time**

(22-week program)

Athlete has 0-4 weeks of general endurance training prior to starting the program.  
Athlete is capable of biking 45 minutes continuously.

### **Gravel Event with 4-6 Hour Expected Finish Time**

(22-week program)

Athlete has 0-4 weeks of general endurance training prior to starting the program.  
Athlete is capable of biking 1 hour continuously.

**Gravel Event with 6-8 Hour Expected Finish Time**

(22-week program)

Athlete has 0-4 weeks of general endurance training prior to starting the program.  
Athlete is capable of biking 1.25 hours continuously.

**Gravel Event with 8-10 Hour Expected Finish Time**

(22-week program)

Athlete has 0-4 weeks of general endurance training prior to starting the program.  
Athlete is capable of biking 1.5 hours continuously.

**Gravel Event with 10+ Hour Expected Finish Time**

(22-week program)

Athlete has 0-4 weeks of general endurance training prior to starting the program.  
Athlete is capable of biking 2 hours continuously.