

# Avera Sports Institute Triathlon Training Club

Sioux Falls, SD



- Interested in Triathlon Training? Beginner to Elite, Sprint to Ironman, we have the program for you.
- Program duration & intensity may vary per participant.
- Flexible start date with individualized programs.
- Specific metabolic testing available.
- First group training begins soon.
- For more information, visit Avera Sports Institute at 1601 W. 44th Place or call 605-322-3278.

[www.AveraSports.org](http://www.AveraSports.org)

**Avera**   
Sports Institute