



CSI Student Recreation

CSI Student Rec. TRY A CSI TRI Winter/Spring In/Outdoor Series

Sign-up with John Twiss, 732-6470 jtwiss@csi.edu Space is limited so sign-up early! \$5.00 for CSI Students, \$10 for All Others

Race #1 – Feb. 10 & 11

Swim 200 yards

Friday morning at City Pool, 6:00 am 1st heat begins, 2nd heat starts at 6:10 am, 3rd heat starts at 6:20 am etc.

Bike – 12 minutes

Saturday morning in spinning room of CSI Student Rec. Center Saturday morning 8:00 am 1st heat begins, 8:15 am 2nd heat starts, 3rd heat starts at 8:30 am etc. Participants must keep your heart rate over 65% of max entire 12 minutes.

Run – 1 mile

Immediately after the 12 minute bike ride – on indoor track CSI Student Rec. Center, 14 laps = 1 mile.

Race #2 – March 3 & 4

Swim 400 yards

Friday morning at City Pool, 6:00 am 1st heat begins, 2nd heat starts at 6:20 am, 3rd heat starts at 6:40 am etc.

Bike – 24 minutes

Saturday morning in spinning room of CSI Student Rec. Center Saturday morning 8:00 am 1st heat begins, 8:30 am 2nd heat starts, 3rd heat starts at 9:00 am etc. Participants must keep your heart rate over 65% of max entire 24 minutes.

Run – 1.5 mile

Immediately after the 24 minute bike ride – either on the indoor track CSI Rec. Center or outside on campus if snow is clear.

Race #3 – March 24 & 25

Swim 600 yards

Friday morning at City Pool, 6:00 am 1st heat begins, 2nd heat starts at 6:30 am, 3rd heat starts at 7:00 am etc.

Bike – 36 minutes

Saturday morning in spinning room of CSI Student Rec. Center Saturday morning 8:00 am 1st heat begins, 8:40 am 2nd heat starts, 3rd heat starts at 9:20 am etc. Participants must keep your heart rate over 65% of max entire 36 minutes.

Run – 2.25 mile

Immediately after the 36 minute bike ride – either on the indoor track CSI Rec. Center or outside on campus if snow is clear.

Treasure Valley Y Spring Sprint April 7th & 8th – We will swim at the Twin Falls City Pool on Friday, April 7th at 6:30 a.m. and then travel to Boise on Saturday morning for the bike and run. The bike and run will be **outdoors**. Distances are:

Swim 750 yards

Bike – 12.5 miles

Run – 3.1 miles

Link to race information: <http://www.ymcatvidaho.org/runs/spring-sprint-triathlon/>

Idaho State University Bengal Triathlon April 21 & 22 - We will swim at the Twin Falls City Pool on Friday, April 21 at 6:30 a.m. and then travel to Pocatello on Saturday morning for the bike and run. The bike and run will be **outdoors**. Distances are:

Swim 700 yards

Bike – 11 miles

Run – 3.2 miles

Link to race information: <https://www.facebook.com/bengaltriathlon/>