

# Welcome to our Triathlon club

## - Heleneholms IF Tri Team

HTT is a part of Heleneholms IF which also has an athletics and running section. A membership offers you to take part in all three sections. HTT has about 150 members and our motto is 'Triathlon for everyone' - so no matter age, level or aspirations - everyone's welcome.

Our main focus is of course the 3 parts of Triathlon - Swim, Bike, Run - but depending on season and weather we offer events, training days and social events. Easiest way to keep track of all of this is to become a member and then apply to join our Facebook group. We also update via e-mail.

Membership fee for a full year is 800 SEK and from 1<sup>st</sup> of July it's 400 SEK. Everyone is also welcome to 3 test sessions with us so join us to see if you like it before you decide! Email us at [triteam@heleneholmsif.se](mailto:triteam@heleneholmsif.se).

**Swim** - From September - December and January to end of May we have lanes at Simhallsbadet to practice on your own on weekdays and with coach if you want, on Sundays. The fall of 2018 is however a bit different as Simhallsbadet is closed due to renovation. So for the fall of 2018 we will be at Lindängsbadet - a heated outdoor pool. The schedule is still the same:

### Practice with no coach (700SEK)

Tuesday 06-07  
Wednesday 19-21  
Thursday 06-07  
Friday 06-07

### Practice with coach (1500 SEK)

Sunday 15.30 - 17 (group 3,4)  
Sunday 16.30 - 18 (group 2,1)

To register for these classes please email [triteam@heleneholmsif.se](mailto:triteam@heleneholmsif.se)

**Bike** - From April - September we have outdoor interval sessions with our coaches on Mondays at 18.00. Meeting point is 'Lockarpsrondellen' at the roundabout where Pildamsvägen and Lockarsp Kyrkoväg meet.

Starting Monday 24<sup>th</sup> of September we will replace bike practice to do specific run practice on Mondays at 18.00. To learn more about this email [triteam@heleneholmsif.se](mailto:triteam@heleneholmsif.se)

**Run** - We join our running section in their Tuesday and Thursday sessions.

Tuesday - long intervals - meeting place is the corner of Pildamsparken where Baltiska vägen and John Ericssons väg meet on the side towards the old and new soccer stadium.

Thursday - short intervals - at the old soccer stadium on the running tracks starting at 18.00.

<http://heleneholmsif.se/langloppning/traning/> for more details.

As a member you can access discounts from our partners and a lot of good offers.

We look forward to seeing you!

**HELENEHOLMS IF  
TRI-TEAM**