

FISHERS • COMMUNITY • CENTER

Strengthened by



Triathlon Clinics

Registration Opens: January 19

Location: Fishers Community Center

Swim Dates	Cycling Dates	Run Dates	Tri Talks with Roeder Multisport
Feb 7, 2026 7:15-8:45 AM Lap Pool	Feb 14, 2026 9:30-10:45 AM Cycle Studio	Feb 21, 2026 7:15-8:45 AM Fitness Center	Feb 28, 2026 8:00-9:00 AM Community Room
Mar 7, 2026 7:15-8:45 AM Lap Pool	Mar 21, 2026 9:30-10:45 AM Cycle Studio	Mar 28, 2026 7:15-8:45 AM Fitness Center	Mar 14, 2026 8:00-9:00 AM Community Room
Apr 18, 2026 7:15-8:45 AM Lap Pool	Apr 25, 2026 9:30-10:45 AM Cycle Studio	Apr 25, 2026 7:15-8:45 AM Fitness Center	

Location: Geist Waterfront Park

Choose 1 or All

Dates		
Monday, May 4 Working on Transitions 6:30-7:45 PM Swim/Bike/Run	Wednesday, May 6 Working on Transitions 6:30-7:45 PM Swim/Bike/Run	Monday, May 11 Working on Transitions 6:30-7:45 PM Swim/Bike/Run

**Plan to bring all necessary gear to participate in the outdoor clinics and prepare for the weather- bikes, proper swim attire, and running gear.*

Clinics

The Fishers Community Center is excited to launch our comprehensive Triathlon Clinic Series to go along with your training plan. This series is created to help athletes of every level - from first-time participants to seasoned competitors - build confidence, sharpen skills, and start the season strong.

Our clinics are designed a la carte, giving you the flexibility to focus on exactly what your training needs. Choose one discipline or dive into all three.

Clinics are in addition to your own training plan and should not be used as the only resource for training.



Swim

Participate in a specific drill progression and practice that will help swimmers of all levels improve that portion of their triathlon. Swim clinics are led by experienced swimmers and coaches and will help you improve your foundational swimming skills. Body position and alignment, buoyancy, stroke rhythm and breathing techniques will all be addressed with the goal of improving everyone's efficiency in the water.



Run

Running clinics will cover form, pacing, basic nutrition, strength work, and stretching and mobility to boost performance and reduce injury risk. Each session includes a coached warmup, form cues, drills, and a structured run workout designed to build endurance and confidence for the triathlon run portion. Open to all experience levels.



Cycling

Each of these classes will cover a specific ride profile designed to prepare each athlete for the triathlon. We will work with heart rate and wattage working through the different heart rate zones (recovery, aerobic, threshold, anaerobic, and race day). We will also cover tips and tricks to help make the race a challenging and rewarding experience.

Tri Talks

As you sign up for your clinic sessions, be sure to reserve your spot in both TRI Talks. These exclusive sessions are led by Justin Roeder of Roeder Multisport, a former Olympic Triathlon Trials competitor who brings unmatched insight and real-world experience to the table. Justin will share practical strategies, pro tips, and race-day wisdom designed to elevate every athlete—from first-time participants to seasoned veterans—so you can train smarter and race stronger.

Date	Description
<p>Feb 28, 2026 FCC Community Room 8:00-9:00 AM</p>	<p>TRI Talk 1: Triathlon 101 Kickstart your triathlon journey with Triathlon 101, a dynamic intro session designed to build confidence from the very start. Participants will get a clear, engaging breakdown of what to expect on race day—plus the essential rules every athlete needs to know. This session doubles as a practical, easy-to-follow checklist, ensuring every participant arrives prepared, informed, and ready to cross the finish line strong.</p>
<p>Mar 14, 2026 FCC Community Room 8:00-9:00 AM</p>	<p>TRI Talk 2: Transitions Master the moments that matter most on race day. Transitions take athletes behind the scenes of moving smoothly from swimming to bike to running, covering everything from smart setup strategies to time-saving techniques. This session equips participants with the skills to navigate each transition efficiently and confidently unlocking a more seamless and enjoyable triathlon experience.</p>



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