

Established to provide local triathletes with the opportunity to train for multisport events, the Harford Multisport Club has come a long way since its start in 2010. The club was developed for individuals of all ability levels to learn, train, compete, and improve in endurance events.

HARFORD MULTISPORT CLUB

ENDURANCE TRAINING FOR ALL LEVELS

Training revolves around *3 organized workouts per week*. Each workout focuses on an individual discipline of a triathlon. Some other multisport members, such as our paddle boarders, will conduct ad hoc workouts during the week.

We enjoy a camaraderie through training, healthy competition, and have built great friendships over the years.

Come out, sweat, and have fun with a great group of people!





WHO WE ARE

Club Demographics:

Membership is consistently between 45 and 55 individuals. We are women and men of all ability levels. *Many great training partners and even more lasting friendships have been built inside the Harford Multisport Club*

WHAT WE DO

Generally workouts include intervals on the track every Wednesday evening, bicycle workouts on Mondays and Thursdays, and indoor pool swims during the winter are on Sundays. Open water swims during warmer months are held on Sunday evenings and possibly impromptu on Tuesday and Thursday mornings or evenings.



JOIN US & GET THE RUSH!
HARFORDMULTISPORT.ORG