

# TRI Y SURVEY

**What is your current experience level with triathlons?**

- Never completed a triathlon, but I want to start training
- Completed a triathlon or two (beginner)
- Completed a handful of triathlons (intermediate)
- Completed triathlons of various distances (advanced)

**Who do you like to train with?**

- Self
- Group of same sex
- Group of same level
- Anyone with similar goals
- Other \_\_\_\_\_

**What would you like to see the Tri-Y provide to help achieve your training goals?**

- |                                       |                        |
|---------------------------------------|------------------------|
| • People to train with                | • Speed work           |
| • Coaching to improve running skills  | • Indoor cycling rides |
| • Coaching to improve biking skills   | • Outdoor training     |
| • Coaching to improve swimming skills | • Local discounts      |
| • Assistance with training goals      | • Socials!             |
| • Bike maintenance information        | • Other                |
| • Sports nutrition information        | _____                  |
| • Practice tri / Bricks               | _____                  |
| • Core strengthening / Balance work   | _____                  |

**Do you have any ideas or suggestions for offerings for 2010?**



Please return surveys to the Fitness Department – Madison Area YMCA  
madisonareaymca.org