

**11th Hudson Crossing Triathlon  
June 7, 2020  
500 yard swim/12 mile bike/5k run**

**Training Plans to get you ready for the race!**

**\$25**

**Choose from:  
16 or 12 week plan  
Beginner or Intermediate**

**<https://squareup.com/market/hislop-coaching/item/hudson-crossing-tri-plan>**

**Plans by USAT and Ironman U Coach  
Kristen Hislop**

**Questions? Email [hislopcoaching@gmail.com](mailto:hislopcoaching@gmail.com)  
[www.hislopcoaching.com](http://www.hislopcoaching.com)**

