APPLY TODAY!

Join a growing community with like-minded triathletes and get ready to find your true potential in the Cañada Tri Team.

SPECIAL PROMOTION

New Tri-Team members will receive 30% off the first three months of their Tri-Team Membership!

Stop by the Aquatics Desk or email: valerac@smccd.edu to get started!

CONTACT US

Connect with the Aquatics Team to get started!

(650) 381-3576
valerac@smccd.edu
Cañada College Athletic Center Kinesiology and Wellness Building 1 4200 Farm Hill Blvd. Redwood City, CA 94061
Or complete our online Interest Form bit.ly/can-ac-tri-team

CAÑADA COLLEGE ATHLETIC CENTER
Your community connection to education and fitness.

CAÑADA TRI TEAM
Your triathlon training essentials and community all in one place.

MEMBERSHIP HOURS

Monday - Friday
6:00 a.m. - 2:00 p.m.
4:00 p.m. - 8:30 p.m.

Saturday
7:00 a.m. - 5:00 p.m.

Sunday
7:00 a.m. - 2:00 p.m.

Pools close at 8:00 p.m.

Cycle
We take no shortcuts; We’ll push you to new limits

Run
Take the road that makes you stronger

Swim
Find your flow, get stronger with each stroke
TRAINING PROGRAMS

Basic Membership  $150/month
- Access to all Masters and Triathlon swim practices.
- Group workouts.
- Access to monthly clinics/education sessions and club activities.
- Access to 10+ coached workouts per week (Running, Cycling, Swimming video analysis, Strength and technique).
- Discounts with sponsor brands.
- A training squad with likeminded athletes that will keep you accountable.
- Discounts in 1:1 coaching with our staff.

Full Membership  $325/month
- All of Basic Tri-Team Membership benefits.
- Initial assessment/consultation.
- Semi-custom group training plan based on the athlete’s level targeting local races.
- Diet recommendations based on their weekly training calendar.

ABOUT THE TEAM

Made for Triathletes
The Cañada Tri-Team is designed to provide a supportive, safe, welcoming and motivating environment for triathletes of all levels who want to make triathlons a lifestyle. Our goal is to help participants improve their triathlon skills and achieve their personal fitness goals, regardless of their experience level.

What We Offer
- A curated Training Plan based on your fitness level and goal racing distance.
- Advice and coaching from our Head Coach and assistant coaches.
- Access to every Group Exercise class and fitness equipment at Cañada College Athletic Center.

Each week you receive:
- 10+ coached workouts.
- Access to 15 swimming workouts.
- Two coached 90-min. cycling workouts.
- Two coached running drills/technique and interval workouts.
- Two strength/mobility coached workouts.
- One group ride workout.
- One group run workout.

OUR HEAD COACH

Cesar Valera
Cesar Valera holds USA Triathlon Level 2, Ironman University, USA Masters Swimming Level 2, Life coaching, and several additional Triathlon and fitness industry relevant certifications.

Cesar is a former professional triathlete with 25 years of experience in the sport, has raced all over the world and coached triathletes of all levels since 2007. He has also worked in the fitness industry since the early 2000s when he got his start as a Master Instructor for the original Spinning® program. Currently, he is still involved with Spinning® as a Senior MI and advisor for the new SPINPower® program.

Additional Services

Consultations ($120/hour)
This is a 1:1 or group :30 or :60 session to assess the athlete’s progress. We recommend an action plan and answer triathlon related questions.

Swimming Lessons w/ Video Analysis ($180/hour)
Taught by assistant coaches. Head coach would only teach group clinics.

Personal Training
See our packages here: bit.ly/can-ac-PT.