

Triathlon training partner (SW)

Location **Iowa**
<https://www.genclassifieds.com/x-463916-z>



Specifically run and bike.

I have one other buddy that I do this with here and there, but he is a busy man. I am looking to run and bike with a partner or group and work to improve distance and pace over the summer. I like to go either really early or really late--like 530am or 10pm and I prefer at night.

I can do about 20 miles on the bike in a little over an hour.

I can comfortably run 10 miles, but have been running 4-6 regularly at this point @ 8-9min miles. I need to start amping this up.

It is hard to find someone to do this with regularly bc of how much time it requires, but I could sure use someone to keep me accountable. I dont care your age or anything, really. I just want to be regular pushers and be somewhere around my fitness level?? This is probably a reach, but who...



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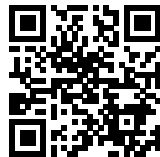
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