

Triathlon is an individual sport – train as a *team*

Team Phoenix provides a comprehensive 14-week training program designed to encourage and assist cancer survivors to regain physical fitness, endurance, strength and flexibility after cancer treatment. Survivors of all ages, stages and fitness levels train together to reach the finish line of a sprint-distance triathlon.

Team training

Group training takes place in various parks, bike paths and pools throughout southeastern Wisconsin. You will meet as a team twice a week and be prescribed independent workouts and rest periods the remainder of the week.

Team Phoenix practices are for athletes only. They are very short periods of time, and the focus is on you, the athlete.

It is important to make it to all practices and to be there on time to get the full benefit of the program.



BE EMPOWERED!

Team Phoenix is a program where women are empowered to become proactive in their own health care and survivorship, move beyond the title of cancer survivor and redefine themselves as athletes through the introduction to the joys of exercise and living well

Team Phoenix provides:

- A prescribed training plan
- Team Phoenix training shirt and jersey
- Professional coaching
- Medical volunteers
- Physical therapists
- Past and present athlete support
- Connection with other survivors
- Training venue/Race Entry

What you provide:

- Your own basic training supplies
- Program participation fee
- Commitment to group and at home training
- Camaraderie as a Cancer Survivor
- A "Can Do" attitude



Team
PHOENIX[™]
Survivorship Redefined

Surgery, chemo, radiation ...
Now what?

**How about a different
kind of triathlon!**

Cancer Survivor Triathlon Training Team



Exercise and Survivorship

Cancer treatment can cause survivors to struggle with post-treatment side effects such as weakness, fatigue, scarring, weight gain, depression and the ever-present worry of the threat of recurrence.

Exercise has been shown to improve overall survival after a diagnosis of cancer. The American Cancer Society recommends that cancer survivors get at least 150 minutes of moderately intense physical activity each week.

Exercise also helps prevent problems such as stiff joints, weak muscles, constipation and mental changes. It also helps reduce stress and relieve fatigue.

After enduring the medical triathlon of surgery, chemotherapy and radiation, this achievement can be life-changing for cancer survivors.



Ready to Join?

Cost

There is a participation fee to help cover the costs of the program. (Scholarship opportunities are available – please email teamphoenix@aah.org)

Medical Clearance:

You will need to obtain medical clearance from your current clinician for this program in order to ensure you are able to safely participate.

Be redefined

As teammates, Team Phoenix athletes support one another as they achieve new and exciting milestones together, redefining themselves from patient to athlete.

All athletes, leadership and volunteers must have received the COVID vaccination.

**Contact us to
join Team Phoenix or
request more information:**

teamphoenix@aah.org

We look forward to hearing from you!

Frequently Asked Questions

Do I have to be "in shape" to join?

A: No, Team Phoenix is a re-conditioning program. As long as you can walk, bike and swim unassisted, we'll help you gain the needed skills and endurance.

What if I don't swim well?

A: We offer a pre-season learn to swim session. If you invest the extra time you need before and during the season our coaches and volunteers will assure you are safe and successful.

What if I don't have the right supplies?

A: Team Phoenix works closely with community partners who offer discounts for training equipment.

Am I too old for this program?

A: No! This program was built for cancer survivors of all ages, stages and fitness levels. Women ages 26 through 71 have completed the program as well as stage 0 to stage IV cancer survivors.

What if I have hip, back, knee or joint problems?

A: We have a team of medical volunteers who are there to help you work through these issues and give you tools to stretch and strengthen necessary areas to help you be successful in your training.