

Resilience Through Endurance

Students at Telos participate in triathlon training as part of their therapeutic treatment plans. Data and studies indicate a direct correlation to healthier minds, resilience and processing with regular endurance fitness training. Students learn to love and even excel at sports as they see the amazing benefits.

Students excelling in triathlons and training in 2018:



One Triathlons:	57
Two Triathlons:	20
Three Triathlons:	11
Four Triathlons:	3
Olympic Distance Triathlon:	9
Iron Cowboy 1/2 Iron Distance Triathlon:	3
St. George Century Ride:	5
Elite Team Run - Summit of Mt. Timpanogos:	8
Elite Team Extended Daily Practice:	18