

2021 Triple Threat Training Schedule

Winter Indoor Training Schedule

November to March (During COVID)

All training coordinated by Coach Tom Okany using the Training Peaks platform with two streams: Competitive and Lifestyle. In addition, the following workouts are delivered virtually using Zoom.

Tuesdays, 7-9 pm: Cycling workout, followed by Strength Workout

Thursdays: 7-7:30 pm: Strength workout

Until public health protocols allow, run training is on your own, using the suggested schedule provided by the coach in Training Peaks.

Sunday morning group long runs will be offered when allowed by local health authorities. Distance covered in the 'long run' is up to the individual, based on their personal goals and ability. No one runs alone as there is usually someone to run at your pace and distance. The route chosen is an out and back.

When local health authorities allow the pools to open, Triple Threat offers members 2 or 3 coached swim clinics during the winter months. Regular swim training is on your own. Triathlon Manitoba offers a coached triathlon swim program two evenings a week while many triathletes join Swim Masters programs for regular training.