

Spring April -May*

Monday

7:00-8:30 Run U of M (outdoors) - Swim 8:30-9:30 U of M Pool

Tuesday

6:30 pm - 8:30 pm Bike Run or RACE Du - East Beach Birds Hill Park

Wednesday

7:00-8:30 Run U of M (outdoors) - Swim 8:30-9:30 U of M Pool

Thursday

6:30 pm - 8:30 pm Bike Run - East Beach Birds Hill Park

Friday

Day off

Saturday

10 am-12pm Bike Run - East Beach Birds Hill Park

Sunday

Day off or RACE DAY

- (weather dependent so please contact for location)

Spring/Summer 2020 June-September

Monday

6:00 pm - 9:00 pm Long Bike - Location TBA

Tuesday

6:30 pm - 8:30 pm Swim Bike Run - East Beach Birds Hill Park

Wednesday

6:30 pm - 8:30- Mountain Bike / Trail run - Location TBA

Thursday

6:30 pm - 8:30 pm Swim Bike Run - East Beach Birds Hill Park

Friday

Day off or RACE PREP

Saturday

9 am-12pm Swim Bike Run - East Beach Birds Hill Park or RACE DAY

Sunday

Day off or RACE DAY