

# **Summer Training Schedule**

## **May to August**

**Tuesdays** – Track workout at Grant Park Track 6:00 PM

**Thursdays** – Run and Bike workouts at Birds Hill Park East Beach from 6:30 until 8:30 pm at Birds Hill Park East Beach. Once the weather warms up, we incorporate swim workouts.

Every May we host a training camp at Falcon Trails resort for team members. This year the camp will be on **May 22<sup>nd</sup>-24<sup>th</sup> 2020**. We have classroom style learning sessions, trail running, cycling, strength training, yoga, a potluck dinner, and breakfast.

Apart from regular coached sessions, we hold 4 special swim clinics during the indoor season for members on select Mondays and have group long runs every second Sunday at varying locations.