

## 2021 Triple Threat Training Schedule

### Summer Training Schedule

The following is a description of what our usual training program is. Training program will be modified from time to time as required by local health authorities with regard to Covid-19.

May to August:

Tuesdays – Track workout 6:00 PM – location TBA, usually south end of Winnipeg

Thursdays – Run and Bike workouts at Birds Hill Park East Beach from 6:30 until 8:30 pm

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.

Once the weather warms up in June, we incorporate swim workouts at Birds Hill East Beach.

Every May we host a training camp for team members. Plans are underway for 2021 and is expected to be a combination of virtual and outdoor activities locally in Winnipeg. More information to follow.