

FALL/WINTER 2018/19- October to March

Monday

6:00 pm - 8:00 pm BIKE-RUN / 8:30 pm - 9:30 pm SWIM U of M Pool

Tuesday

6:00 pm - 7:30 pm TRACK RUN / 7:30 pm - 8:30 pm Optional

WEIGHTS U of M

Wednesday

6:30 pm - 8:00 pm BIKE-RUN / 8:30 pm - 9:30 pm SWIM U of M Pool

Thursday

6:00 pm - 7:30 pm TRACK RUN 7:30 pm - 8:30 pm / Optional

WEIGHTS U of M

Friday

Day off or Long Run

Saturday

11:00 am - 12:30 pm SWIM Pan AM Pool / 12:30 pm - 1:00 pm CORE

Sunday

Day off or Long Run