

Prairie Performance Winter Schedule

(November – April)

Tuesday:

6:00 pm Indoor Track Run @ University of Manitoba James Daly Fieldhouse
Track workouts last 60-90 min (warm-up, mobility circuit, workout and cool down).

Wednesday:

6:30 pm Indoor Bike Workout @ Winnipeg Rowing Club
A 60-90 min bike workout, doors open for PPT members at 6:15 pm.

Saturday:

8:30 am Outdoor Run @ Assiniboine Park Duck Pond
Run distances and paces will vary based on individual fitness, goals, and weather/ ground conditions.

Sunday:

8:30 am Indoor Brick Workout @ Winnipeg Rowing Club
The bike workout lasts 90-120 min and is followed by a core strengthening circuit and option to run outside. Doors open for PPT members at 8:15 am.

Prairie Performance Summer Schedule

(May – August)

Tuesday:

6:00 pm Outdoor Track Run @ St. James Collegiate Outdoor Track
Track workouts last 60-90 min (warm-up, mobility circuit, workout and cool down).

Wednesday:

6:00 pm Outdoor Bike Workout @ Assiniboine Park Duck Pond
A ~40 km bike workout focusing either on individual effort or group riding skills. The location of these rides is subject to change based on road conditions.

Saturday:

8:30 am Outdoor Bike Ride @ various locations around Winnipeg
Outdoor rides are dependent on road and weather conditions. These rides will be held until the local race schedule starts on the second weekend of June.

Sunday:

8:30 am Outdoor Run @ Assiniboine Park Duck Pond
Outdoor runs will be held until the local race schedule starts on the second weekend of June.

Notes:

Additional workouts, including two swims, two bike workouts and two runs, are available on Training Peaks for full members.

Members also initiate non-scheduled/ coached workouts throughout the year including cross-country skiing, skating, mountain bike rides, trail runs, and more.