

**Spring schedule: (April to June)**

**Tuesday 6:00-7:30 pm:** outdoor group run at Grant Park Track

**Wednesday 6:00-7:30 pm:** outdoor group cycling, meeting at Assiniboine Park Duck Pond – team/group riding skills

**Thursday 6:00 – 7:30 pm:** outdoor interval bike ride and brick run from River Heights

**Saturday 8:00 or 9:00 am:** outdoor endurance bike rides – times and start locations will vary to enjoy different routes (updates posted on training calendar).