

Spring/Summer 2019 April-September

Monday

6:00 pm - 9:00 pm Long Bike - Location TBA

Tuesday

6:30 pm - 8:30 pm Swim Bike Run - East Beach Birds Hill Park

Wednesday

6:30 pm - 8:30- Mountain Bike / Trail run - Location TBA

Thursday

6:30 pm - 8:30 pm Swim Bike Run - East Beach Birds Hill Park

Friday

Day off or RACE PREP

Saturday

9 am-12pm Swim Bike Run - East Beach Birds Hill Park or RACE DAY

Sunday

Day off or RACE DAY