

Summer Training Schedule

Summer Training Schedule: May to August

Thursdays - Run and Bike workouts at Birds Hill Park East Beach from 6:30 until 8:30 pm at Birds Hill Park East Beach. Once the weather warms up we incorporate swim workouts.

Every May we host a training camp at Falcon Trails resort for team members. This year the camp will be on May 10th-12th. We have classroom style learning sessions, including a guest speaker (sports psychologist Dr. Chuck Williams). We do trail running, cycling, strength training, yoga, a potluck dinner, and breakfast.

Apart from regular coached sessions, we hold 4 special swim clinics during the indoor season for members on select Mondays and have group long runs every second Sunday at the Forks.