



Triple Threat Triathlon Club 2018 Season Report

Winter Training:

Our training season started in November with Coach Tom Okany as Triple Threats head coach. Tom's plan for the team began in October when we held a member information session to layout his plans, discuss his progressive approach to his workout sessions and to set the stage for our members of all abilities on how he'd like to coach us as a team and as individuals towards our goals. Winter indoor practice consists of one run and one cycle coached sessions per week. Through Tom's detailed planning and workout execution throughout the year many of our members had reached their targets and beyond! In addition to regular workouts, TTTC engaged our members through a variety of additional activities throughout the season.

Spring Training:

Our club moves to outdoor training beginning in April with a month of hill run training at Westview Park and moving our cycle training to Birds Hill Park in May. From June through August we kept a once per week coached track session on-going at Grant Park High School Track.

Spring Training Camp was held at the Falcon Trails Resort in May for the third year. Training camp was an exciting mix of run sessions, Time Trial style bike racing, yoga, socializing and a keynote session with Sports Psychologist Dr. Chuck Williams to cap off the weekend.

Summer Training:

Summer coached sessions turn to competition based training to give members the practice they'll use when entering racing events. Our member's abilities range from novice through Ironman distance. Coach Tom would often assist individuals with their training needs, race goals and general advice to help us through our training and racing no matter the distance.

Triple Threat's Triathlon Race at Birds Hill Park – June 9 & 10, 2018:

Race days went very smoothly with great weather cooperation. We hosted the KOS event on Saturday and the adult race on Sunday. TTTC offered first time finisher medals for those racing Sprint or Olympic distances as their first ever Triathlon. Race day satisfaction from participants was very positive and volunteer help was greatly appreciated!

TTTC club members enjoy additional activities through the season such as:

- Non-coached Sunday group runs every second Sunday from November through March
- New Year's kickoff at Saikel Studio for a fun competitive workout followed by a gathering at Boston Pizza
- Three winter Swim sessions in Jan/Feb/Mar at Pan Am pool with swim Coach Jen Onyskie assisted by Coach Tom
- Outdoor run hill training at Westview Park during the month of April
- Our annual spring training camp held in May at the Falcon Trails Resort
- Summer 'Hot Dog' ride to Pigeon Lake and return for a picnic gathering
- Various other impromptu gatherings for swim/bike/run activities as initiated by club members

A thanks is extended to the club executive, our TTTC race committee, our volunteers and the membership as a whole that work hard, train hard and race hard. Collectively they all contribute to make our club vibrant and exciting throughout the entire year.

Kevin Read

President

Triple Threat Triathlon Club