

Triple Threat Triathlon Summer Training Schedule 2023

The following is a description of what our usual training program is. Training program will be modified from time to time as required by local health authorities with regard to Covid-19.

May to August

Tuesdays – Track workout 6:00 PM – location TBA, usually south end of Winnipeg

Tuesdays in May during the May duathlon series – The Coach will prepare a workout with the understanding that he and/or club members may be registered for racing the duathlons. If racing is not offered due to Covid restrictions, brick and/or transition focused workouts may be schedule at a suitable location.

Thursdays – Run and Bike workouts at Birds Hill Park East Beach or other agreed location, from 6:30 until 8:30 pm

Saturdays – swim practice will continue at Bonivital pool, 3:00 – 4:00 p.m. until the end of May

Sunday morning group long runs will be offered every second week. Distance covered in the 'long run' is up to the individual, based on their personal goals and ability. No one runs alone as there is usually someone to run at your pace and distance. The route chosen is an out and back.

Once the weather warms up in June, we incorporate swim workouts at Birds Hill East Beach.

Every May we host a training camp for team members. Plans are underway for 2023. Stay tuned for details!

In-person training will follow government Covid-19 protocols of the day if/when in effect.