

Triple Threat Triathlon Winter Schedule 2022/23

All training is coordinated by Coach Tom using the Training Peaks platform with two streams: Competitive and Lifestyle. Training program will be modified from time to time as required by local health authorities with regard to Covid-19.

November-March

Wednesdays (6:15-7:30pm): Track practice, followed by strength workout, Max Bell, U of Manitoba

Thursdays (6:30-8:00pm): Virtual bike workout over Zoom, followed by strength workout

Saturdays (3:00-4:00pm): Swim practice, Bonivital pool

Sunday morning group long runs are offered alternate weeks. Distance covered in the 'long run' is up to the individual, based on their personal goals and level of fitness. No one runs alone as there is usually someone to run at your pace and distance. The route chosen is an out and back.

April

Weather permitting, track and bike practices will be moved outdoors in April.

Tuesdays (6:00-7:30pm): Hill training, location TBD

Thursdays (6:30-8:00pm): Outdoor bike, various locations

Saturdays (3:00-4:00pm): Swim practice, Bonivital pool

Sundays (8:30am): Group long runs (athlete-driven), various locations

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