WINNIPEG TRIATHLON CLUB

Winnipeg Triathlon Club has been operating since 2014 in Winnipeg, Manitoba. We are a diverse group of people who swim, bike, and run, and some of us even do triathlons. We are a no-pressure group that welcomes anyone regardless of your skill or commitment level. Currently, our members range from serious athletes who do not need training support to athletes who like to cheer their peers on from the sidelines. Our primary goal is to train and have fun. We're still wearing our pre-pandemic triathlon gear, which is a bit tight, but we have been upgrading our gear anyway.

Winnipeg Triathlon Club has several weekly opportunities for group training (see below), including at least one coached workout per week (varied between the three disciplines). WTC is excited to announce our two coaches: Patrick Labossiere (Head Coach) and Andrew Enns (Assistant Coach). All our activities are optional and are often accompanied by some social time at restaurants or a member's place. Should you want to join just the training and not the social time, or vice versa, we welcome that as well.

Our current WTC club members will also gain access to a self-guided training plan on Training Peaks (designed by Patrick Labossiere). This training plan is created and designed for club members who wish to have a progressive training plan. Two streams are available for club members: Sprint/Olympic or Long Course triathlon distances. This plan is designed around one key workout from each discipline per week. It is intended to help each athlete, regardless of their initial fitness to build endurance to peak in race readiness for the target race. Each athlete can personalize their training plan based on their own perceived effort, heart rate or power metrics (if available).

Training schedule:
Monday – Swim (Cindy Klassen Pool): 8-9 pm
Tuesday – Run (St. Vital/Assiniboine Park): 7:30-8:30 pm
Friday – Bike (at member's house) *
Saturday – Run (varied between St. Vital/Assiniboine Park/Pan Am track- indoor track): 9-10 am

*in-person group bike workouts arranged every other Fridays. Remote bike sessions planned for the winter on the off weeks.

Seasonal opportunities for group rides also arranged in the summer.