

## **Winter and April Training Schedule**

Winter Training Schedule: November to March

Tuesdays - Bike and Strength workouts at Dakota Fieldhouse from 7:00 - 9:00 pm.

Wednesdays - Run and Strength workouts at Max Bell Center from 6:00 - 7:30 pm.

In April, runs are outside at Westview Park (Garbage Hill) Thursday nights from 6:00 - 7:30 pm. Cycling varies depending on road conditions. If conditions are poor, we remain indoors at Dakota. If the roads are dry, we arrange for outdoor rides at varying locations.