

Triple Threat Triathlon Summer Schedule 2022

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

May-August

Tuesdays (6:00pm):

Track workout, location TBA, usually south end of Winnipeg

Thursdays (6:30-8:30pm):

Run and Bike workouts at Birds Hill Park East Beach

Saturdays (1:00-2:00pm):

Swim practice, Pan Am pool (May only)

Sunday (8:30am):

Group long runs (athlete-driven)

Sunday morning group long runs will be offered in May but stop during race season (June-August).

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 2022 to be held at Falcon Resort, May 6-8th.