

Triple Threat Triathlon Winter Schedule 2021/22

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 (6:00-7:30pm): Track practice, Max Bell, U of Manitoba

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

Saturdays (1:00-2:00pm): Swim practice, Pan Am pool

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

Sunday morning group long runs are offered weekly. 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.

Following indoor Covid protocols for indoor training, all participants must be fully vaccinated and will have to show proof of vaccination at the entrance of the training facility.

April

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

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

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

Saturdays (1:00-2:00pm): Swim practice, Pan Am pool

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

Program may be changed should Public Health Orders change.