

Triple Threat Triathlon Training Schedule 2022-2023

All training is coordinated by Coach Tom using the Training Peaks platform with two streams: Competitive and Lifestyle.

Run Practice

Wednesdays, November 2, 2022 to March 29, 2023

6:15 – 7:30 p.m. Track Practice, Max Bell Arena, University of Manitoba
Run practice, interval/speed/technique followed by stretch and strength. If Max Bell is not available (due to track meets, etc.) alternative facilities will be arranged if possible.

Sunday (every other week)

8:30 a.m. - Group long run (Athlete driven), various locations
We get together for a Sunday morning group run every other week. Athletes cover the distance recommended in their training plan, based on their personal goals and abilities. We choose an out and back route so all runners should end up at the finish around the same time.

Tuesdays, April 4 – 25, 2023

6:30 – 8:00 p.m. Outdoor hill or track running sessions (location TBA).

Tuesdays during the May Duathlon Series

Coach will prepare a workout with the understanding that he and/or club members may be registered for racing.

Tuesdays, May 30 – August 22, 2023

6:00 – 7:30 p.m. Outdoor track running sessions (location TBA)

Cycle Practice

Thursdays, November 3, 2022 – March 30, 2023

6:30 – 8:00 p.m. Indoor cycle practice followed by core strength workout over Zoom
Indoor sessions may be extended into April based on weather conditions

Thursdays, April 6 – April 27, 2023

6:30 – 8:30 p.m. Outdoor cycle (location TBA)

Thursdays, May 4 – August 24, 2023

6:45 to Dusk Outdoor Cycle, Run, Swim, Transition training (location TBA)

Swim Practice

Saturdays, November 5, 2022 – May 27, 2023

3:00 – 4:00 p.m. Swim Practice, Boni-Vital pool, 1215 Archibald Street

All practices may require adjustments in order to comply with changes to Public Health guidelines or cancellations by the facility.