



TRI TRAIN

• TRIATHLON COACHING •

GROUP 1

DATE	ACTIVITY	LOCATION	TIME
MONDAY APRIL 11	SWIM	JARVIS	7:30 pm – 8:30 pm
THURSDAY APRIL 14	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
TUESDAY APRIL 19	BIKE	TRI-TRAIN	A) 6:00 pm – 7:00 pm B) 7:30 pm – 8:30 pm
THURSDAY APRIL 21	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
MONDAY APRIL 25	SWIM	JARVIS	7:30 pm – 8:30 pm
THURSDAY APRIL 28	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
TUESDAY MAY 3	BIKE	TRI-TRAIN	A) 6:00 pm – 7:00 pm B) 7:30 pm – 8:30 pm
THURSDAY MAY 5	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
MONDAY MAY 9	SWIM	JARVIS	7:30 pm – 8:30 pm
THURSDAY MAY 12	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
TUESDAY MAY 17	BIKE	TRI-TRAIN	A) 6:00 pm – 7:00 pm B) 7:30 pm – 8:30 pm
THURSDAY MAY 26	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
TUESDAY MAY 31	BRICK	TRI-TRAIN	A) 6:00 pm – 7:30 pm B) 7:45 pm – 9:15 pm
THURSDAY JUNE 2	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
MONDAY JUNE 6	SWIM	JARVIS	7:30 pm – 8:30 pm
THURSDAY JUNE 9	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
MONDAY JUNE 13	GROUP SWIM	JARVIS	7:30 pm – 8:30 pm
TUESDAY JUNE 14	BRICK	TRI-TRAIN	A) 6:00 pm – 7:30 pm B) 7:45 pm – 9:15 pm
THURSDAY JUNE 16	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
TUESDAY JUNE 21	GROUP BRICK	SUNNY BROOK	6:30 pm – 8:00 pm
SATURDAY JUNE 25	BIG TRAINING DAY	MILTON	8:30 am – 1:00 pm
MONDAY JUNE 27	GROUP OPEN WATER	CHERRY BEACH	6:00 am – 6:45 am
TUESDAY JUNE 28	GROUP BRICK	ONTARIO PLACE	6:30 pm – 8:00 pm
TUESDAY JULY 5	GROUP OPEN WATER	CHERRY BEACH	6:00 am – 6:45 am
SATURDAY JULY 9	GROUP RUN (race prep)	ONTARIO PLACE	TBD
TUESDAY JULY 12	POST RACE SOCIAL	TBD	7:00 pm –

*Dates, times and locations subject to change

GROUP 2

DATE	ACTIVITY	LOCATION	TIME
TUESDAY APRIL 12	BIKE	TRI-TRAIN	A) 6:00 pm – 7:00 pm B) 7:30 pm – 8:30 pm
THURSDAY APRIL 14	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
MONDAY APRIL 18	SWIM	JARVIS	7:30 pm – 8:30 pm
THURSDAY APRIL 21	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
TUESDAY APRIL 26	BIKE	TRI-TRAIN	A) 6:00 pm – 7:00 pm B) 7:30 pm – 8:30 pm
THURSDAY APRIL 28	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
MONDAY MAY 2	SWIM	JARVIS	7:30 pm – 8:30 pm
THURSDAY MAY 5	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
TUESDAY MAY 10	BIKE	TRI-TRAIN	A) 6:00 pm – 7:00 pm B) 7:30 pm – 8:30 pm
THURSDAY MAY 12	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
MONDAY MAY 16	SWIM	JARVIS	7:30 pm – 8:30 pm
TUESDAY MAY 24	BRICK	TRI-TRAIN	A) 6:00 pm – 7:30 pm B) 7:45 pm – 9:15 pm
THURSDAY MAY 26	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
MONDAY MAY 30	SWIM	JARVIS	7:30 pm – 8:30 pm
THURSDAY JUNE 2	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
TUESDAY JUNE 7	BRICK	TRI-TRAIN	A) 6:00 pm – 7:30 pm B) 7:45 pm – 9:15 pm
THURSDAY JUNE 9	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
MONDAY JUNE 13	GROUP SWIM	JARVIS	7:30 pm – 8:30 pm
THURSDAY JUNE 16	GROUP RUN	TRI-TRAIN	7:30 pm – 8:30 pm
TUESDAY JUNE 21	GROUP BRICK	SUNNY BROOK	6:30 pm – 8:00 pm
SATURDAY JUNE 25	BIG TRAINING DAY	MILTON	8:30 am – 1:00 pm
MONDAY JUNE 27	GROUP OPEN WATER	CHERRY BEACH	6:00 am – 6:45 am
TUESDAY JUNE 28	GROUP BRICK	ONTARIO PLACE	6:30 pm – 8:00 pm
TUESDAY JULY 5	GROUP OPEN WATER	CHERRY BEACH	6:00 am – 6:45 am
SATURDAY JULY 9	GROUP RUN	ONTARIO PLACE	TBD
TUESDAY JULY 12	SOCIAL	TBD	7:00 pm –

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