



TRI TRAIN
• TRIATHLON COACHING •

IM 70.3 MUSKOKA 2017 CLINIC DETAILS

FEBRUARY

MON	TUES	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
					FAMILY DAY	
20	21	22	23	24	25	26
27	28					

MAY

MON	TUES	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
					VICTORIA DAY	
22	23	24	25	26	27	28
29	30	31				

MARCH

MON	TUES	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
MARCH BREAK						
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE

MON	TUES	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

APRIL

MON	TUES	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					EASTER	
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY

MON	TUES	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

LEGEND

POOL SWIM		WEDNESDAYS, 7:30-8:30 pm @ JARVIS COLLEGIATE
OPEN WATER SWIM		WEDNESDAYS, 6:00 am – 7:00 am @ CHERRY BEACH
INDOOR BIKE		SUNDAYS, 8:00 am – 10:00 am @ GEARS IN LEASIDE
OUTDOOR RIDE & BRICK		SUNDAYS, 8:00 am – 12:00 pm @ TBD
OUTDOOR RUN		SATURDAYS, 8:00 am – 10:00 am @ LEASIDE
BIG TRAINING DAY*		SATURDAY JUNE 10, 9:00 AM - 3:00 PM @ HUNTSVILLE
B-RACE		SATURDAY JUNE 17 @ GUELPH LAKE OLYMPIC
RACE PREP, open swim & run		SATURDAY JULY 8 @ HUNTSVILLE
IM 70.3 MUSKOKA		SUNDAY JULY 9 @ HUNTSVILLE