

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
		SWIM			RUN	BIKE
27	28					

MARCH

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

APRIL

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

MAY

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

JUNE

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

JULY

MON	TUES	WED	THU	FRI	SAT	SUN
					1	2
					CANAD	A DAY
3	4	5	6	7	8	9
		OWS			PREP	RACE!
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