



TRI TRAIN
• TRIATHLON COACHING •

2017 BEGINNER CLINIC – TO TTF, JULY 23

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
		SWIM			BRICK	
24	25	26	27	27	29	30
		SWIM			BRICK	

MAY

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

JUNE

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

JULY

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

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 & OUTDOOR RUN		SATURDAYS, 8:00 am – 10:00 am @ TRI-TRAIN IN LEASIDE
OUTDOOR RIDE & BRICK		SATURDAY JUNE 10, 8:00 am @ ONTARIO PLACE
BIG TRAINING DAY		SATURDAY JUNE 24, 8:30 am - 1:00 pm @ MILTON
RACE PREP, open swim & run		SATURDAY JULY 22 1:00 pm @ ONTARIO PLACE
TORONTO TRIATHLON FESTIVAL		SUNDAY JULY 23 @ ONTARIO PLACE