

Triple Threat Triathlon Club Training Schedule 2024-25

All training is coordinated by Coach Tom using the [Training Peaks platform](#) with two streams: Competitive and Lifestyle. Both streams train together for coached workouts. Coach Tom provides a full week of suggested workouts for each stream which includes several coach-led club practices (listed below; subject to change). Members can attend any or all practices/events.

Swim – November-May

- Coach led swim practices
- Saturdays at 3pm
- For 2024-25, swims will occur at the Seven Oaks Pool.
- Equipment needed: swimsuit, cap, goggles. Optional: kick/flutter board (pool provides), swim buoy, fins, water bottle

Bike

Indoor Season (November-April)

- Coach led
- Thursdays at 6:30pm
- Held over Zoom
- Practice followed by strength and stretch
- Equipment needed: bike, bike trainer, device connected to internet to stream Zoom, water bottle. Optional: bike shorts, cycling jersey

Outdoor Season (April-August)

- Coach led
- Thursdays at 6:30pm
- Location varies: Birds Hill Park, St. Norbert Heritage Park, Crescent Park, etc.
- Equipment needed: bike, cycling helmet, water bottle. Optional: cycling gloves, rear/front flashing cycling lights, cycling shorts, cycling jersey, cycling shoes

Run

Indoor Season (November-April):

- Coach led track practice focussed on interval/speed/technique
- Mondays at 6:15pm
- Max Bell Centre track (University of Manitoba)
- Track followed by strength and stretch
- Equipment needed: indoor running shoes, yoga mat or towel, water bottle. Optional: triathlon/running watch

Group Runs (November-March):

- Athlete led (family and friends welcome)
- Distance varies based on recommendation in training plan, and personal goals and abilities

- No one runs alone
- Often gather afterwards for post-run snacks/meal
- Alternating Saturdays/Sundays at 8:30am
- Location varies: Assiniboine Park, The Forks, St. Vital Park, Kings Park, etc.

Outdoor Season (April-August):

- Coach led track practice
- Tuesdays at 6:30pm
- Bourkevale track (behind St. James Collegiate, Portage Ave); other locations as needed
- Equipment needed: running shoes, water bottle. Optional: watch, hat