

LIFE TIME FITNESS

TRIATHLON TRAINING SCHEDULE

April 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rates: Drop in class \$15 Unlimited training packages w/ coaching \$150/month Unlimited training packages \$99/month Swim only package \$49/month				1 Tri Swim 10:00am	2 Question and Answer from 9am to 12pm in the Lobby.	3 Group Run 10:00am Claudemooore Parking Lot
Sunday Morning Runs and Monday Rides and runs are group activities and are free to all Members. These are not coached workouts.						
4 Group Ride 6:00pm Claude Moore Sterling	5 Track 6:00pm Hillside School Broadlands Tri Swim 8:00pm	6 Track / Tempo Run 6:00am Freedom High South Riding Boot Camp 6:00pm Nature Center Patio Broadlands	7 Core Strength 6:00pm Functional Training Area	8 Tri Swim 10:00am Long Brick 5pm Trail Side Park and the W&OD Trail	9 Strasburg Duathlon 7:00am	10 Group Run 10:00am Claudemooore Parking Lot
11 Group Ride 6:00pm Claude Moore Sterling	12 Track 6:00pm Hillside School Broadlands Tri Swim 8:00pm	13 Track / Tempo Run 6:00am Freedom High South Riding Boot Camp 6:00pm Nature Center Patio Broadlands	14 Core Strength 6:00pm Functional Training Area	15 Tri Swim 10:00am	16 Bluemont Vineyard 5k 12:00 Brick Class 8am Mill Run Middle School	17 Group Run 10:00am Claudemooore Parking Lot
18 Group Ride 6:00pm Claude Moore Sterling	19 Track 6:00pm Hillside School Broadlands Tri Swim 8:00pm	20 Track / Tempo Run 6:00am Freedom High South Riding Boot Camp 6:00pm Nature Center Patio Broadlands	21 Core Strength 6:00pm Functional Training Area	22 Tri Swim 10:00am Time Trial 6:00pm Truro Parish & Chicacoan Trail Broadlands	23 Sky Line Drive Bike Ride. Ride Meet at Coach Crows house at 6am. We will drive out to Sky Line together then do a 5 hour ride on Sky Line Drive. This is a non supported ride so make sure you have spar tubes and plenty of water and food. Ride will be 2.5 hours out and then 2.5 hours back.	24 Easter Sunday No Classes
25 Group Ride 6:00pm Claude Moore Sterling	26 Track 6:00pm Hillside School Broadlands Tri Swim 8:00pm	27 Track / Tempo Run 6:00am Freedom High South Riding Boot Camp 6:00pm Nature Center Patio Broadlands	28 Core Strength 6:00pm Functional Training Area	29 Tri Swim 10:00am	30 Brick Class 8am W&OD Trail and Herndon Caboose	May 1 Worldgate Triathlon