



TRI PERFORMANCE RACING TRIATHLON TRAINING SCHEDULE

July 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Please check www.teamptr.shutterfly.com for class changes.</p> <p style="text-align: center;">Brian Crow: www.tri-performance.com coachcrow@tri-performance.com 703-887-5392</p>		<p>Rates: Drop in class \$15 members / \$20 non-members Unlimited training packages w/ coaching \$150/month Unlimited training packages \$99/month Swim only package \$49/month members / \$69 non-members</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">Team Time Trial 6:00pm Truro Parish & Chicacoan Trail Broadlands</p>		<p style="text-align: center;">2</p> <p style="text-align: center;">Swim 8:00am Southern Walk Pool Broadlands</p>	<p style="text-align: center;">3</p>
		<p>Sunday Morning Runs and Monday Rides and runs are group activities and are free to all Members. These are not coached workouts.</p> <p>You must have lights and reflective gear for evening rides and runs.</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Team Social 7:00pm Aldrich's Casa</p> <p style="font-size: small;">(A chance to pow wow with your triathlon pals. The Ironman photos will be in the back ground as well as many stories to share.)</p>		<p style="text-align: center;">9</p> <p style="text-align: center;">Brick 8:00am Mill Run Elementary Broadlands</p> <p style="font-size: x-small;">(combination of biking and running, transition bike racks will be set up to help with transitioning as well.)</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">Swim 7:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">South Riding SWIM Seed 9-11AM (clinics for anyone signed up for the South Riding Triathlon)</p>
<p style="text-align: center;">4</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Swim 6:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">Core Strength 9:30am Brambleton Park</p> <p style="text-align: center;">Track 6:00pm Hillside Elementary Broadlands</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Track / Tempo Run 6:00am Freedom High South Riding</p> <p style="text-align: center;">Boot Camp 6:00pm Nature Center Patio Broadlands Followed by 2 to 4 mile hill run.</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Swim 6:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">South Riding RUN CLINIC 7PM (clinics for anyone signed up for the South Riding Triathlon)</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Team Social 7:00pm Aldrich's Casa</p> <p style="font-size: small;">(A chance to pow wow with your triathlon pals. The Ironman photos will be in the back ground as well as many stories to share.)</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Brick 8:00am Mill Run Elementary Broadlands</p> <p style="font-size: x-small;">(combination of biking and running, transition bike racks will be set up to help with transitioning as well.)</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">Swim 7:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">South Riding SWIM Seed 9-11AM (clinics for anyone signed up for the South Riding Triathlon)</p>
<p style="text-align: center;">11</p> <p style="text-align: center;">Group Ride 6:00pm Trailside Park Ashburn</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Swim 6:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">Core Strength 9:30am Brambleton Park</p> <p style="text-align: center;">Track 6:00pm Hillside Elementary Broadlands</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Track / Tempo Run 6:00am Freedom High South Riding</p> <p style="text-align: center;">Bike / Lift 6:00pm Nature Center Patio Broadlands (combination of biking and lifting in intervals)</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Swim 6:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">South Riding TRANSITION CLINIC 7PM (clinics for anyone signed up for the South Riding Triathlon)</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Team Time Trial 6:00pm Truro Parish & Chicacoan Trail Broadlands</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Brick 8:00am Mill Run Elementary Broadlands</p> <p style="font-size: x-small;">(combination of biking and running, transition bike racks will be set up to help with transitioning as well.)</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">AQUATHLON 8:00am Southern Walk Pool Broadlands</p>
<p style="text-align: center;">18</p> <p style="text-align: center;">Group Ride 6:00pm Trailside Park Ashburn</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Swim 6:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">Core Strength 9:30am Brambleton Park</p> <p style="text-align: center;">Track 6:00pm Hillside Elementary Broadlands</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Track / Tempo Run 6:00am Freedom High South Riding</p> <p style="text-align: center;">Boot Camp 6:00pm Nature Center Patio Broadlands/Followed by 2 to 4 mile hill run.</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Swim 6:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">South Riding BIKE CLINIC 6:30PM (clinics for anyone signed up for the South Riding Triathlon)</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Team Time Trial 6:00pm Truro Parish & Chicacoan Trail Broadlands</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Brick 8:00am Mill Run Elementary Broadlands</p> <p style="font-size: x-small;">(combination of biking and running, transition bike racks will be set up to help with transitioning as well.)</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Swim 7:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">South Riding SWIM Seed 9-11AM (clinics for anyone signed up for the South Riding Triathlon)</p>
<p style="text-align: center;">25</p> <p style="text-align: center;">Group Ride 6:00pm Trailside Park Ashburn</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Swim 6:00am Southern Walk Pool Broadlands</p> <p style="text-align: center;">Core Strength 9:30am Brambleton Park</p> <p style="text-align: center;">Track 6:00pm Hillside Elementary Broadlands</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Track / Tempo Run 6:00am Freedom High South Riding</p> <p style="text-align: center;">Bike / Lift 6:00pm Nature Center Patio Broadlands (combination of biking and lifting in intervals)</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Swim 6:00am Southern Walk Pool Broadlands</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Team Time Trial 6:00pm Truro Parish & Chicacoan Trail Broadlands</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">3 FOX VINEYARDS 5K</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">Swim 8:00am Southern Walk Pool Broadlands</p>