

THE FOOTHILLS STRONG TRIATHLON

Coached Workout Schedule

Monday, October 5 th	8:00am	GROUP TRACK WALK	Ashley	CCY
Wednesday, October 7 th	12:00-2:00pm	SWIMMING	Ashley	CVY
Wednesday, October 7 th	12:00-2:00pm	TREADMILL/ROWER	Daniel	CCY
Monday, October 12 th	5:30pm	GROUP TRACK WALK	Rosanne	CCY
Wednesday, October 14 th	12:00-2:00pm	TREADMILL/ROWER	Daniel	CCY
Saturday, October 17 th	8:00am	GROUP TRACK WALK	Mikael	CCY
Friday, October 23 rd	1:00-3:00pm	TREADMILL/ROWER	Daniel	CCY
Monday, October 26 th	8:00-10:00am	SWIMMING	Ashley	CVY
Tuesday, October 27 th	6:00pm	GROUP TRACK WALK	Mikael	CCY

