

Spring Valley Multisport Gators Tri Club: Weekly Workouts

October - December 2017

Rev: 9/14/17

Red text indicates a change from Jul-Sept schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Morning	10am-11am: Tri Swim Class (Don S)	No scheduled workouts	10am-11am: Tri Swim Class (Don S)	No scheduled workouts	No scheduled workouts	Morning: Whenever possible, stay outdoors for a ride/run brick; otherwise inside for a 7:30am trainer session. Outdoors: Various coaches Indoors: Don Mack	No scheduled workouts
Evening	8:30pm-9:30pm: Tri Swim Class (Steve/Todd/Logan/Brian)	7:30pm-9:00pm: Spinning for Triathletes (Spin Studio; 45-60 min spin/30 min strength/yoga/core) (Michelle L/Maribeth/Logan)	8:30pm-9:30pm: Tri Swim Class (Maribeth)	7:30pm-9:00pm: Potpourri of Awesome Training Choices! (Multipurpose Room) (Various Coaches)	No scheduled workouts	No scheduled workouts	No scheduled workouts

Stay tuned to the club Facebook group for weekly announcements regarding Thursday nights and Saturday mornings as well as any other updates!