

Spring Valley Multisport Gators Tri Club: Weekly Workouts

July-September 2018

Rev: 6/19/18

Red text indicates a change from April-June schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Morning	No scheduled workouts	10am-11am: Tri Swim Class (Don S or uncoached)	No scheduled workouts	10am-11am: Tri Swim Class (Don S or uncoached)	No scheduled workouts	8:30am: Open Water Swim/Cycling <u>Uncoached</u> group workout at Blue Marsh Swim workouts typically completed by 9:30am. Bike rides typically start 9:45am- 10am. Each ride will include 1-2 loops of 17.5-20 miles. Each loop takes approximately 1:15-1:30 to complete.	No scheduled workouts
Evening	8:30pm-9:30pm: Tri Swim Class (Steve/Logan/Brian)	SRT Cycling Intervals / Run <u>Start time:</u> 6:30pm through August 14 6:15pm August 21 and 28 6:00pm September 4, 11, and 18 Indoor Spin/Strength returns at 7:30pm-9pm starting September 25! Meet at Reynolds Dog Park in Oaks (Michelle, Maribeth, Logan)	6:15pm-7:45pm (starting July 11): Run Workouts at PJP High School (Karen Dunn) 8:30pm-9:30pm: Tri Swim Class (Maribeth Baker)	SRT Cycling Out and Back <u>Start time:</u> 6:30pm through August 16 6:15pm August 23 and 30 6:00pm September 6, 13, and 20 TBD for September 27 Meet at Reynolds Dog Park in Oaks (Brian, Byron, Don M)	No scheduled workouts	No scheduled workouts	No scheduled workouts

Stay tuned to the club Facebook group for announcements of any changes or additional workouts.