


Coach Lisa's 
TriHouse Training

TriHouse Juniors

Coached Workout Calendar

March 2010

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
21 Packet Pick-Up & Meet the Coaches JCC Pool Deck 1-2 pm FREE CLINIC <i>(limited to first 30 registrants)</i> 2-4pm JCC	22	23	24	25	26	27
28 First Practice! BIKE JCC Trail 9-10:30am	29	30	31	April 1 SWIM JCC Pool 4-5pm	2	3

April 2010

Sunday	Mon.	Tuesday	Wed.	Thursday	Friday	Saturday
				1 SWIM JCC Pool 4-5pm Make-Up Swim 5-6 pm	2	3
4 RUN JCC Trail 9-10:30am Make-Up Swim 11:30am-12:30pm	5	6	7 Make-Up RUN (if missed on Easter Sun.) 5-6pm	8 SWIM JCC Pool 4-5pm Make-Up Swim 5-6 pm	9	10
11 BIKE JCC Lot & Trail 2:00 – 3:30pm Make-Up Swim 11:30am-12:30pm Cedar Park Kid Triathlon	12	13 SWIM JCC Pool 4-5pm Make-Up Swim 5-6 pm	14	15 Make-Up Swim 4-5pm or 5-6pm	16	17
18 RUN JCC Trail 9-10:30am Make-Up Swim 11:30am-12:30pm Ranger Kid Triathlon – School for the Deaf	19	20 SWIM JCC Pool 4-5pm Make-Up Swim 5-6 pm	21	22 Make-Up Swim 4-5pm or 5-6pm	23	24
25 RUN JCC Trail 9-10:30am	26	27	28 SWIM JCC Pool 6:30-7:30pm	29	30	

May 2010 - Coached Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2 BIKE/RUN JCC Trail 2:00 – 3:30pm	3	4	5 SWIM JCC Pool 6:30-7:30pm	6	7	8
9 SWIM/BIKE JCC Pool & Trail 9-10:30am	10	11	12 SWIM JCC Pool 6:30-7:30pm	13	14	15
16 BIKE/RUN JCC Trail 9-10:30am	17	18	19 SWIM JCC Pool 6:30-7:30pm (NOTE: this practice will be moved to another day this week due to Jewish holiday – TBD)	20	21	22
23 RACE DAY “I tri “ at the J 7am	24	25	26	27	28	29
30	31					