

**Team TriHouse Training – Albuquerque**

**March 2010 - Coached Workout Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint)			5	6
7	8	9 <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint)	10	11	12	13
14	15	16 <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint)	17 <b>BIKE</b> (skills/drills) Kickstand 5:30-6:45pm (Coach Paul)	18 <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	19	20 <b>BIKE</b> (long ride – up to 40) Kickstand 9:30 am (Coach Paul)
21	22	23 <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint) <hr/> <b>BIKE</b> (hill repeats) Kickstand 5:30-6:45pm (Coach Paul)	24 <b>BIKE</b> (skills/drills) Kickstand 5:30-6:45pm (Coach Paul)	25 <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	26	27
28	29	30 <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint) <hr/> <b>BIKE</b> (hill repeats) Kickstand 5:30-6:45pm (Coach Paul)	31			

## April 2010 - Coached Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	2	3
<b>4</b> <b>BIKE</b> (long ride – up to 50) Kickstand 9:30 am (Coach Paul)	5	<b>6</b> <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint)	<b>7</b> <b>BIKE</b> (skills/drills) Kickstand 5:30-6:45pm (Coach Paul)	<b>8</b> <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	9	10
<b>11</b> <b>BIKE</b> (long ride – up to 55) Kickstand 9:30 am (Coach Paul)	12	<b>13</b> <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint) <hr/> <b>BIKE</b> (hill repeats) Kickstand 5:30-6:45pm (Coach Paul)	<b>14</b> <b>BIKE</b> (skills/drills) Kickstand 5:30-6:45pm (Coach Paul)	<b>15</b> <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	16	<b>17</b> <b>BIKE</b> (long ride – up to 60) Kickstand 8:00 am (Coach Paul)
18	19	<b>20</b> <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint) <hr/> <b>BIKE</b> (hill repeats) Kickstand 5:30-6:45pm (Coach Paul)	21	<b>22</b> <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	23	24
25	26	<b>27</b> <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint) <hr/> <b>BIKE</b> (hill repeats) Kickstand 5:30-6:45pm (Coach Paul)	<b>28</b> <b>BIKE</b> (skills/drills) Kickstand 5:30-6:45pm (Coach Paul)	<b>29</b> <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	30	

## May 2010 - Coached Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> <b>BIKE</b> (long ride – up to 75) Kickstand 9:30 am (Coach Paul)
<b>2</b> Run for the Zoo (5k,10k)	<b>3</b>	<b>4</b> <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint)	<b>5</b> <b>BIKE</b> (skills/drills) Kickstand 5:30-6:45pm (Coach Paul)	<b>6</b> <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	<b>7</b>	<b>8</b>
<b>9</b> Jay Benson Sprint Triathlon	<b>10</b> <b>BIKE</b> (maintenance lesson) Kickstand 5:30-6:45pm (Coach Paul)	<b>11</b> <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint)	<b>12</b>	<b>13</b> <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	<b>14</b>	<b>15</b>
<b>16</b> Santa Fe Century (25, 50, 75, 100 mile rides)	<b>17</b>	<b>18</b> <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint)	<b>19</b> <b>BIKE</b> (skills/drills) Kickstand 5:30-6:45pm (Coach Paul)	<b>20</b> <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	<b>21</b>	<b>22</b> <b>BIKE</b> (long ride – up to 55) Kickstand 9:30 am (Coach Paul)
<b>23/30</b>	<b>24/31</b>	<b>25</b> <b>SWIM</b> Los Altos Pool 5:15-6:15am (Coach Quint)	<b>26</b> <b>BIKE</b> (skills/drills) Kickstand 5:30-6:45pm (Coach Paul)	<b>27</b> <b>RUN</b> ABQ Running Shop 6-7pm (Coach Randy)	<b>28</b>	<b>29</b> Iron Horse Bike Ride event