

# BR TRIATHLON SCHEDULE

TIME ↓	DAY →	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Adult Swim - All levels 6:30-8am			Adult Swim/Bike Brick 6-8am		5:00-8:00 AM Adult - BIKE  6:30 AM BIKE Competition & Performance Squad (90MIN – 2HRS)	SEA SWIM All Groups
7:00 AM								
8:00 AM								
2:30 PM								
4:30 PM		Brick (B-R-B-R) Fundamental &Development Squad	SWIM Fundamental &Development Squad	RUN Fundamental &Development Squad	BRICK (S-R) Fundamental &Development Squad			
5:30 PM		Brick (B-R-B-R) Competition & Performance Squad	SWIM Competition & Performance Squad	RUN Competition & Performance Squad	BRICK OR S&C (S-R) Competition & Performance Squad			

**\*THURSDAY STRENGTH SESSION:** As per guidance from World Triathlon, strength sessions will only apply to the Performance Squad. These will be set up, for three out of four weeks. Students and parents will be guided by coach Melina

**\*SUNDAY SEA-SWIM:** Seasonal and periodically. Kids with competent swimming abilities and prior approval of our head coach Melina will be eligible for our sessions

**\*\* Additional adult run & bike sessions for fulltime members only**