



Excell Tri Coaching and Tucson JCC

Adult Triathlon Training

Please join us for a **SPRINT-level 9-week training program beginning January 22, 2019**

This program targets any Sprint Triathlon in spring

All sessions at Tucson JCC at 3800 E River Rd, unless otherwise noted. Sessions are 60-120 min.

Coaches: Robin Kremer, Michael Lorimer

WEEKLY Practices (unless otherwise noted):

Tuesday	Group Session	6:15pm	JCC Outdoor basketball court
Tues & Thurs	Masters Swim Practice	6:00 am	JCC Pool

Sessions:

- Jan 22 1. **Kickoff**, training plan, Training peaks, Gear check, Bike skills/control (2 hrs)
- Jan 29 2. Group **Swim** form & zones (6am only, no evening practice)
- Feb 5 3. Group **Bike** for group riding (lights maybe needed)
- Feb 12 4. Group **Run**, understanding form and zone running (headlamps)
- Feb 19 5. Group **Bike**, understanding gears and hill climbs
- Feb 26 6. Group **Transition and Brick work**
- Mar 5 7. Group **Run**, running 3 miles 5K evening
- Mar 7 8. **Race Management**-Final prep for race day (*please note day change to Thursday*)
- Mar 10 9. Group **Brick** on Course at Oro Valley- Bring all gear! (*Sunday 2 hours*)

Optional Races: A Coach at both races:

- Sat, Mar 9 Saddle Brook Oro Valley Triathlon, 800 Swim, 12 mile bike, 5K run
- Sat, Mar 23 Oro Valley Race -400 swim, 14 mile bike, 5K run

Cost: \$279* Includes **9-week training plan**, all coached clinics, group workouts in all three sports, discount on basic bike tune-up with **Bicycle Ranch** and program T-shirt.

*Cost **does not** include Triathlon registration