|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Time** | **Activity** | **Comments** |
|  |  |  |  |
| 6/11/20 | 6:30 – 8:30pm | Elmore Practice Tri | Elmore State Park (possibly no coach). Only for those already training |
|  |  |  |  |
| 6/14/20 (Sun) | 10:00 – 11:30 am | Track Workout/Strength | @ People’s Track |
|  |  |  |  |
| 6/15/20 (Tues) | 5:30 – 6:30 pm | Swim Class | @ JSC |
|  |  |  |  |
| 6/18/20 (Thurs) | 6 – 7:30pm | Bike/Run | TBD |
|  |  |  |  |
| 6/23/20 (Tues) | 6 – 7:00pm | OWS | @ JSC |
|  |  |  |  |
| 6/25/20 (Thurs) | 6:30 – 8:30pm | Elmore Practice Tri | Elmore State Park |
|  |  |  |  |
| 6/27/20 (Sun) | 10 – 11:30 am | OWS/Transitions | Elmore State Park |
|  |  |  |  |
| 7/1/20(Tues) | 5:30 – 6:30 pm | Swim Class | @JSC |
|  |  |  |  |
| 7/5/20 (Sun) | 6:00 – 7:30 PM | Track Workout/Strength | @ People’s Track |
|  |  |  |  |
| 7/9/19 (Thurs) | 6:30 – 8:30pm | Elmore Practice Tri | Elmore State Park |
|  |  |  |  |
| 7/11/20 (Sat) | 10 – 11:30am | OWS/Bike | Elmore State Park |
|  |  |  |  |
| 7/15/20 (Wed) | 5:30 – 6:30 pm | Swim Class | @JSC |
|  |  |  |  |
| 7/18/19 (Sat) | 10 – 11:30am | Hill Repeats (Run) | Stage Coach Rd Stowe |
|  |  |  |  |
| 7/26/20 (Sun) | 10:00 – 11:30am | OWS/Bike/Run | Elmore State Park |
|  |  |  |  |
| 7/28/20 (Tues) | 5:30 – 6:30 pm | Swim Class | @JSC |

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Time** | **Activity** | **Comments** |
|  |  |  |  |
| 8/2/20 | 10:00 – 12:00 Pm | Hill Repeats (Bike)/Run | Stage Coach Rd Stowe |
|  |  |  |  |
| 8/4/20 (Tues) | 5:30 – 6:30 pm | Swim Class | @JSC |
|  |  |  |  |
| 8/9/20 (Sun) | 6:00 – 7:30 PM | Track Workout/Strength | People’s Track |
|  |  |  |  |
| 8/11/20 (Tues) | 6:00- 7:30 PM | OWS/Race Prep | Elmore State Park |
|  |  |  |  |
| 8/16/19 (Sun) |  | Vermont Sun Triathlon! |  |