Custom Fitness Concepts – Triathlon Training

Timeline of Events

Month		**Date (Time)**	**Type**	**Event**	**Location**
Feb	Sunday	1st (2PM)	Clinic	Kick off: intro, endurance sports training; importance of cross training and strength conditioning	Bonzai (TBD)
	Sunday	15th (10AM – 1PM)	Clinic	Running Improvement Techniques Part 1 & 2	1900 Campus Common Dr, Reston VA suite 100
	Saturday	21st (TBD)	Training	Group Ride (1-2 hours)	Reston W/OD
			Training	3/days week at any Open Outdoor Conditioning Location	
Mar	Sunday	8th (10AM)	Clinic	Swim (pool) – stroke, drills, videotaping	Wakefield Pool in Arlington (TBD)
	Sunday	15th (10AM – 1PM)	Clinic	Running Improvement Techniques Part 3 & 4	1900 Campus Common Dr, Reston VA suite 100
	Saturday	14th (TBD)	Training	Group Rides (1.5 - 3 hours)	Reston W/OD
	Saturday	21st (TBD)	Clinic	Nutrition – What to eat for training and day of competition	1900 Campus Common Dr, Reston VA suite 100
	Saturday	28th (TBD)	Training	1st Brick Workout	Reston W/OD
			Training	3/days week at any Open Outdoor Conditioning Location	
April	Saturday	11th (8AM)	Clinic	Bike – training, bike repairs, group ride or trainer workout	Bike Lane @ Reston Town Center
	Sunday	12th (10AM-1PM)	Clinic	Running Improvement Techniques Part 5 & 6	1900 Campus Common Dr, Reston VA suite 100
	Saturday	18th (TBD)	Training	Outdoor Group Ride (2-3 hours)	Reston W/OD
	Saturday	25th (TBD)	Training	2nd Brick Workout	Reston W/OD
			Training	3/days week at any Open Outdoor Conditioning Location	

May	Sunday	May 3 or 31 @ 8 AM	Practice	Luray Open Water Swim Practice or Race Prep Clinic	Lake Arrowhead in Luray, VA
	Saturday	9th (TBD)	Training	Outdoor Group Ride (2-3 hours)	Reston W/OD
	Saturday	23rd (TBD)	Training	3rd Brick Workout	Reston W/OD
			Training	3/days week at any Open Outdoor Conditioning Location	
June	Saturday	6th (TBD)	Training	Group Speed Workouts (Running)	South Lakes HS
	Saturday	20th (TBD)	Training	4th Brick Workout	Reston W/OD
			Training	3/days week at any Outdoor Conditioning Program Location	
July	Sunday	26th (10AM)	Clinic	Race Day Prep – what to expect, pacing, nutrition, transitions	Herndon commuter lot next to W&OD Trail
	Saturday	11th (TBD)	Training	Group Speed Workouts with a trainer	South Lakes HS
	Saturday	18th (TBD)	Training	5th Brick Workout	Reston W/OD
			Training	3/days week at any Open Outdoor Conditioning Location	
August	Saturday	8th (8AM)	Practice	Luray Open Water Swim Practice or Race Prep Clinic	Lake Arrowhead in Luray, VA
	Saturday	15th (8AM)	Race	Luray International Triathlon	Lake Arrowhead in Luray, VA
	Sunday	16th (9AM)	Race	Luray Sprint Triathlon	Lake Arrowhead in Luray, VA