

March

Spring 2008

Wed	Thu	Fri	Sat	Sun
19	20	21	22 Kickoff at TriZone 9-11am	23
26	27	28	29 JCC Pool Swim (P/B) 9-10am 9:45am <i>Clinic</i> * (D) 9:45-11am	30 El Dorado Park Brick Workout (P/B) 730am (D) 830am

*Sports Nutrition with Dr. Evie, including information on the three types of workouts and how to vary caloric intake accordingly, early morning sessions, pre, post and during workout nutrition and some details about sport-specific nutrition for swim, bike and run.

April

Wed	Thu	Fri	Sat	Sun
2	3 JCC Pool Swim (P/B) 7-8pm (D) 8-9pm	4	5 JCC Pool Swim and Run (P/B) 9-10am (D) 10-11am	6 Belmont Pool Parking Lot Brick Workout (P/B) 730am (D) 830am Clinic: Drills & Skills Changing a Flat
9 Liberty Park, Cerritos Track Workout 6:30pm	10	11	12	13
16	17 JCC Pool Swim and Run (P/B) 7-8pm (D) 8-9pm	18	19 Seal Beach Brick (P/B) 7:30am (D) 8:30am	20
23	24 Bayshore Dr. Open Water Swim 6:30pm	25	26 Palos Verdes Brick TBA	27
30 Bayshore Dr. Open Water Swim 6:30pm	Key & Notes: P/B = Pendleton Triathlon & Barbs Triathlon Group (and Aquabikers too!) D = Danskin Group Brick = Bike & Run Workout, bring all of your cycling and running gear. Swim and Run = Combined Swim & Run Workout, bring all swim & run gear.			

May

Wed	Thu	Fri	Sat	Sun
	1	2	3	4
7	8 Bayshore Dr. Open Water Swim & Run 6:30pm	9	10 El Dorado Park Brick Workout (P/B) 7:30am (D) 8:30am	11
14	15 Seal Beach Ocean Swim & Beach Run 6:30pm	16	17 Seal Beach Brick Workout (P/B) 7:30am (D) 8:30am	18
21	22 Seal Beach Ocean Swim & Beach Run 6:30pm	23	24 El Dorado Park Brick Workout (P/B) 7:30am (D) 8:30am	25
28	29 Bayshore Dr. Open Water Swim & Run 6:30pm	30	31 Seal Beach MOCK TRI LB & OC Group 7am	

June

Wed	Thu	Fri	Sat	Sun
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4	5 Bayshore Dr. Open Water Swim & Run 6:30pm	6	7 Seal Beach Brick Workout 8am	8
11	12 Bayshore Dr. Open Water Swim & Run 6:30pm	13	14 Danskin Packet Pick- up & Expo	15 Danskin Triathlon

Training Locations:

Seal Beach

First Street Beach Parking Lot
Seal Beach, CA 90740

El Dorado Park

7550 E. Spring St
Long Beach, CA 90815

BayShore

E Division St & Bay Shore Ave
Long Beach, CA 90803

Liberty Park

19211 Studebaker Rd
Cerritos, CA 90703

JCC

3801 East Willow St. Long Beach, Ca. 90815
(562) 426-7601