



Swim Training

So, you can swim in the pool? Now experience open water swimming before your triathlon. We will meet at the Welland Flatwater Centre in Welland on Monday nights to get wet and practice open water swims, guided by our experience coaches who will provide different training exercises each week. All participants must have a swim buoy. It's safety first! There will be a range of drills and "out and back" segments geared to all swimming levels. So don't be shy and don't forget your wet suits as the water may be chilly at the start of the season. The canal is the perfect venue to get in some open water swims and gain confidence going into the race season.

Cycling Training

Our outdoor rides this season include three different ride levels - Levels A, B and C (fastest to slowest). All rides will begin at Starbucks located on 4th Avenue in St. Catharines with Ride Level A beginning at 7:30 a.m. followed by Ride Levels A & B at 8:00 a.m. Average "moving speeds" for each ride level is typically 30 km/hr (A), 25 km/hr (B) and 20 km/hr (C). The length of ride will range between 2 to 2 ½ hours with the intent for both groups to arrive together back at our starting point at 10:00 a.m. Rides B and C are "no drop" meaning no one will be dropped or left behind along the route. There may be small breakaway groups particularly within the Level A ride group.

Brick Training

Our **Brick** is a workout which combines segments of running and cycling. Similar to a race event, we set up a transition area complete with bike racks. From the transition point, we will loop out and back for a number of alternating runs and rides. We ride on quiet, rural roads then park our bikes on the racks while we go for our runs. We do this all as one group (i.e. no A, B, C levels) and it is suitable for members of all speeds, abilities and experience! Since each loop returns to the transition, no one gets left behind. Faster athletes may complete more loops in the 1 ½ hr workout.

Run Training

Our Runs are scheduled for Tuesday nights and will be a mix of Interval and Hill runs for an hour. Intervals are done on a paved road; both flat and short hill sections. Hills are done on a steep gravel road or possibly on dirt trails. Runs and drills will always return to the same starting point.

New for Summer 2018 - Tuesday Novice Run Sessions (In Addition to the Interval Runs - May 22nd)

Are you a non-runner or new runner? On Tuesday evenings, beginning May 29th, we'll work together to develop our running endurance and efficiency for distances up to 5k. These novice run sessions will be designed to meet the needs of the group, and will gradually progress as the season does, incorporating warm-up, cool-down, and stretching components, as well as running technique drills.

Mini Tri Pre-Race Practice

Want to get a tri in before your first race? On June 9th we are holding a mini race at the North Welland Flatwater Centre. There will be racks for your bikes so you can practice transitions, wet suit swimming, and running on tired legs. This is a non-sanctioned fun event. There will be markers for turnaround points for the bike and run which are on the trail so you don't have to worry about traffic. Come out and try a tri before your first race!

DATE: June 9th

TIME: 8 to 10 a.m.

LOCATION: North Welland Flat water Community Centre
108 Thorold Road East
Welland, Ontario

DISTANCES: Swim 500 metres; Bike 14 km; Run 2 km

Schedule Training*

- **Outdoor Rides** - **Sunday** Mornings at 7:30 and 8:00 a.m. (Levels A-Fast, B & C) (Starts May 7th)
- **Open Water Swim** - **Monday** Nights at 6:00 p.m. (June TBA)
- **Interval Run** - **Tuesday** Nights at 6:30 p.m. (Starts May 22nd)
- **Brick** - **Thursday** Nights at 6:30 p.m. (Starts May 3rd)

* 2018 membership required for all activities starting April 1.

* Check out our website for further details and locations (www.tryforce.ca)

Our Coaches

Kim Ansell
Leslie Bickle
Roxanne Camirand
Al Dupuis
Rick Hein
Sarah Hopkins
Holly Hopkins
John Koeman
Cory Slykerman
Chuck Taylor
Dan Tebutt
&
Liberty "Whip Cracker" Kyle Rempell

Our Sponsors

- *Liberty Cycle*
- *Body Lab*
- *Brock Ford*
- *Freedman Herbs*
- *Rexworth Bosch Group*

Thank You!

Get inspired!



Swim Bouy PICK UP



THEY'RE HERE!

Members: \$20 for the swim buoy (comes with bathing cap and cell phone case).

Non members: \$30 for the package.

They can be picked up at 23 Montebello Place, at the swim on Tuesday nights and at the bricks starting in May.

May 6, 2018 Upcoming EVENTS



TRYFORCE TRACK DAY

Riding in the Milton Velodrome is a blast! So come on out and join the fun. Sign up for a "Try the Track" class. It's about \$35 for a pre-ride introduction, rental bike, and an hour on the track. You won't be able to stop grinning after!

Location:

Mattamy National Cycling Centre
2015 Pan Am Boulevard
(within Bill Buckley Ring Road)
Milton, Ontario, L9E 0K7