

Y Tri Training Schedule

Updated
January 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquatic Tri Training Times						
6 Lap Lanes East 5:30-8am North 5:30-8am	6 Lap Lanes East 5:30-8am North 5:30-8am	6 Lap Lanes East 5:30-8 m North 5:30-8am	6 Lap Lanes East 5:30-8am North 5:30-8am	6 Lap Lanes East 5:30-8 m North 5:30-8am	6 Lap Lanes: East 5:30-8am North 5:30-8am	
4 Lap Lanes Downtown 6-7:30am 8:30 am-6pm East 12-4pm	4 Lap Lanes Downtown 6-7:30am 10:30 am-6pm East 1-4pm	4 Lap Lanes Downtown 6-7:30am 8:30 am-6pm East 12-4pm	4 Lap Lanes Downtown 6-7:30am 10:30 am-6pm East 12-4pm	4 Lap Lanes Downtown 6-7:30 am 8:30 am-6 pm East 12-4 pm	4 Lap Lanes Downtown 7-9am 10 am-1 pm East 1-9pm	4 Lap Lanes East 10 am-7pm
Aquatic Tri Programs						
Running Hydro** East 9:15-10:15am	Fluid Run Downtown 7:30-8:30am		Fluid Run Downtown 7:30-8:30am		Endurance Swim Downtown 7-8am	Masters Swim East 8:15-9:30am
Coached Swim North 3-4pm	Masters Swim East 11:45 am-12:45pm	Coached Swim North 3-4pm	Running Hydro** East 4:15-5:15pm	Coached Swim North 3-4pm	Level 3 Swim Clinic* North 11 am- 12pm	Masters Swim North 8:15-9:15am
			Endurance Swim Downtown 4:30-5:30 pm			
	Running Hydro** East 4:15-5:15pm		Level 3 Swim Clinic* Downtown 6-6:30pm			
Level 2/3 Swim Clinic* East 8:30-9:30pm	Level 1 Swim Clinic* North 4:40-5:40pm	Level 2 Swim Clinic* North 7:20-8:20pm	Level 2 Swim Clinic* Downtown 6:30-7pm	Registration Required *Swim Clinics **Running Hydro Training: Fee M-\$30 NM-\$50 Swim Clinic Levels Level 1: Not comfortable in water Level 2: Can Swim 50+ yards; stroke drills Level 3: Can Swim 200+ yards; endurance drills		
Masters Swim North 8:30-9:30pm	Level 2 Swim Clinic* North 6:40-7:40pm	Level 1 Swim Clinic* East 8:30-9:30pm	Level 1 Swim Clinic* Downtown 7-7:30pm			
	Endurance Swim East 7:30-8:30pm	Masters Swim North 8:30-9:30pm	Endurance Swim East 7:30-8:30pm			
	Level 1 Swim Clinic* East 8:30-9:30pm	Level 1 Swim Clinic* East 8:30-9:30pm	Masters Swim East 8:30-9:30pm			
Cycle Tri Programs						
	Cycle East 5:45-6:45am	Cycle East 5:45-6:45am	Cycle East 5:45-6:30am	Cycle East 5:45-6:30am	Cycle East 8-8:45am	
Cycle North 6-7am Downtown 6-7am East 6-6:45am	Cycle North 6-7am Downtown 6-7am	Cycle North 6-7am Downtown 6-7am	Cycle North 6-7am	Cycle North 6-7am Downtown 6-7am	Cycle Downtown 8-9am	Cycle East 8:15-9am
Cycle East 8:30-9:15am	Cycle East 8:30-9:15am	Cycle East 8:30-9:15am		Cycle East 8:30-9:15am		
Cycle North 9:30-10:30am East 9:30-10:15am	Cycle & Strength East 9:30-10:45am	Cycle North 9:30-10:30am East 9:30-10:15am	Cycle & Strength North 9:30-10:30am East 9:30-10:45am	Cycle North 9:30-10:30am East 9:30-10:15am	Cycle 2 hour Compu- Trainer Downtown 8-10am First Sat of Month	Interval Cycle East 9:45-10:45am
Cycle East 10:30-11:15am	Cycle East 4:30-5:15pm	Cycle Downtown 12:10-12:50am	Cycle Downtown 12:10-12:50am	Cycle Downtown 12:10-12:50am		
Cycle East 4:30-5:15pm	8 Week Ride* North 5:30-6:30pm		Cycle East 4:30-5:15pm		Advance Cycle East 9-10:15am	Cycle North 9:30-10:30am
Cycle East 5:30-6:15pm	Cycle East 5:30-6:15pm	Cycle East 4:30-5:15pm	Endurance Cycle Downtown 5:45-6:45pm	Cycle East 5:30-6:15pm	Endurance Cycle North 9:30-10:30am 1st Sat of Month	
8 Week Ride* Downtown 5:45-6:45pm	Endurance Cycle Downtown 5:45-6:45pm	Cycle East 5:30-6:15pm	Cycle East 5:30-6:15pm	Registration Required *8 Week Ride <i>East Area YMCA Cycle Classes require member to sign up at Member Service Desk 30 minutes prior to class time.</i> Brick work-outs: Any shaded box is a brick. A brick is any two parts of a Tri that run one after the other. As you view the schedule you will see matching component Example-Swimming program followed by a Cycle class.		
Cycle North 6:30-7:30pm East 6:30-7:15pm	8 Week Ride* North 5:30-6:30pm	8 Week Ride* Downtown 5:45-6:45pm	8 Week Ride* North 5:30-6:30pm			
8 Week Ride* East 7:30-8:30pm	Cycle North 6:30-7:30pm East 6:30-7:15pm	Cycle North 6:30-7:30pm East 6:30-7:15pm	Cycle East 6:30-7:15pm			
	Cycle East 8:45-9:45pm	8 Week Ride* East 7:30-8:30pm	Cycle East 8:45-9:45pm			
Running Tri Programs						
	Track Run Downtown 6:40-7:40pm	Indoor Speed Work East 12-12:45pm		Indoor Speed Work East 12-12:45pm		