



Downtown Winter 2012

Triathlon Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquatic Triathlon Programs						
Check Aquatic Schedule for Lap Lane Availability	Check Aquatic Schedule for Lap Lane Availability	Check Aquatic Schedule for Lap Lane Availability	Check Aquatic Schedule for Lap Lane Availability	Check Aquatic Schedule for Lap Lane Availability	Check Aquatic Schedule for Lap Lane Availability	
				Master Swim 8-9am	Total Immersion 9am-12pm Registration Req.	
Adult Swim Lessons 6-8pm Registration Req.			Triathlon swim clinics 6-8:15pm Registration Begins 1/1/12			
Cycle Triathlon Programs						
Cycle 6-7am	Cycle 6:15-7:00am	Cycle 6-7am	COMPUTRAINER MultiRider Threshold Ride 6:00am-7:15am Begins 10/6	Cycle 6-7am	Computrainer Technical Rides 6:30-8:30am Begins 10/8	
Cycle 12:10-12:50pm		Cycle 12:10-12:50pm		Cycle 12:10-12:50pm		
Cycle 5:30-6:15pm	COMPUTRAINER MultiRider Tempo Ride 5:30pm-6:45pm Begins 10/4	Cycle 5:30-6:15pm	COMPUTRAINER MultiRider Threshold Ride 5:30pm-6:45pm Begins 10/6	Registration Now Open & Required Computrainer MultiRider Classes <i>There is Cost Associated with this program</i>		
	COMPUTRAINER MultiRider Tempo Ride 7:15pm-8:30pm Begins 10/4		COMPUTRAINER MultiRider Tempo Ride 7:15pm-8:30pm Begins 10/6			
Running Triathlon Programs						
	Intermediate / Advanced Running 5:40-7:00am					
	Beginner Running 7:15am-8:15am			SATURDAYS All Level Long Runs Odd Days—Onondaga Lake Park Even Days—Green Lakes State Park Marathoners: Start 7am		
Registration Required Running Programs <i>Downtown YMCA Running programs require members to sign up at Member Service Desk.</i> Updated September 2011						