



Weekly Group Workout Schedule - Level 1

Week	Date	Time	Lecture Topic	Sport	Workout Type	Place/Address	What to Bring
1	4/10/2012 Tue		TH HR Assessment for Running	Running	TH HR Assessment	Canyon Vista Middle School (Meet at the track) 8455 Spicewood Springs Rd Austin, TX 78759	Heart Rate Monitor Running Shoes
	4/14/2012 Sat		TH HR Assessment for Cycling	Cycling	TH HR Assessment	Williamson County Park 3005 CR 175 Leander, TX 78641	Heart Rate Monitor Bike, Helmet, shoes
2	4/17/2012 Tue		TH HR Assessment for Swimming	Swimming	TH HR Assessment	Elizabeth Milburn Park 1901 Sunchase Blvd Cedar Park, TX 78613	Heart Rate Monitor Goggles, Swim Cap, Swim Suit
	4/21/2012 Sat		Performance Assess / Proper Run Technique	Running	Performance Assessment	Canyon Vista Middle School (Meet at the track) 8455 Spicewood Springs Rd Austin, TX 78759	Heart Rate Monitor Running Shoes
3	4/24/2012 Tue		Riding in a Group, General Technique	Cycling	Group Ride	Twin Creeks (meet in the country club parking lot) 3201 Twin Creeks Club Drive Cedar Park, TX 78613	Bike, Helmet, shoes
	4/28/2012 Sat		Pacing / Run Technique	Running	Track Workout	Canyon Vista Middle School (Meet at the track) 8455 Spicewood Springs Rd Austin, TX 78759	Heart Rate Monitor Running Shoes
4	5/1/2012 Tue		Swim Technique	Swimming	Pool Workout	Elizabeth Milburn Park 1901 Sunchase Blvd Cedar Park, TX 78613	Goggles, Swim Cap, Swim Suit
	5/5/2012 Sat		Transition Technique	Brick	Brick Workout	Elizabeth Milburn Park 1901 Sunchase Blvd Austin, TX 78759	Goggles, Swim Cap, Bike, Helmet, shoes Running Shoes
5	5/8/2012 Tue		Pacing / Run Technique	Running	Track Workout	Canyon Vista Middle School (Meet at the track) 8455 Spicewood Springs Rd Austin, TX 78759	Heart Rate Monitor Running Shoes
	5/12/2012 Sat		Transition Technique	Brick	Brick Workout	Williamson County Park 3005 CR 175 Leander, TX 78641	Goggles, Swim Cap, Bike, Helmet, shoes Running Shoes
6	5/15/2012 Tue		Sighting, Race Start	Swimming	Open Water Swimming	Mansfield Dam (Lake Pflugerville if water levels too low) 4370 Mansfield Dam Park Road Austin, TX 78732	Goggles, Swim Cap, Swim Suit
	5/19/2012 Sat		Race Starting, Swimming in a Crowd, Drafting	Swimming	Open Water Swimming	Mansfield Dam (Lake Pflugerville if water levels too low) 4370 Mansfield Dam Park Road Austin, TX 78732	Goggles, Swim Cap, Swim Suit
7	5/22/2012 Tue		Race Starting, Swimming in a Crowd	Swimming	Open Water Swimming	Decker Lake (Walter E. Long Park) 9801 Decker Lake Road Austin, TX	Goggles, Swim Cap, Swim Suit
	5/26/2012 Sat		Practice the whole event	Mini-Tri	Triathlon Event	Decker Lake (Walter E. Long Park) 9801 Decker Lake Road Austin, TX	Goggles, Swim Cap, Bike, Helmet, shoes Running Shoes
8	5/29/2012 Tue		Pacing / Run Technique	Running	Track Workout	Canyon Vista Middle School (Meet at the track) 8455 Spicewood Springs Rd Austin, TX 78759	Running Shoes Heart Rate Monitor
	6/2/2012 Sat			Day Off		Team Breakfast and Graduation!! Packet Pick-up at the Expo	