



**Together We Tri**

**Triathlon Training Program - 16 week**

May 9 to August 27, 2023

**Tuesdays 6:30-8:30 PM | Swim & Run**

**Thursdays 6:30-7:30 PM | Run**

**Saturdays 6:30-8:30 AM | Bike & Run**

Wk	2023 Date	Sport, Focus	Meeting Location	Additional Information
1	Tue, May 9	Intros, Run, Strength, Swim	Glenview Park Center (GPC)	
1	Thu, May 11	Run	GPC Tennis courts, West parking lot	
1	Sat, May 13	Bike, Strength	Glenview Park Center - parking lot	
2	Tue, May 16	Run, Strength,Swim	GPC	
2	Thu, May 18	Run	GPC Tennis courts, West parking lot	
2	Sat, May 20	Bike, Run, Strength	GPC/Attea Parking lot	
3	Tue, May 23	Run, Strength, Swim	GPC	
3	Thu, May 25	Run	GBS Track	
3	Sat, May 27	Bike	Blue Star Memorial Woods (ride north)	
4	Tue, May 30	Swim, Run	GPC	LECTURE 8:00-8:30pm Becky - Nutrition
4	Thu, Jun 1	Run	GBS Track	
4	Sat, Jun 3	Bike, Run-brick repeats	Skokie Lagoons	
Race	Sun, Jun 4	Elkhart Lake Tri	Elkhart Lake, WI	Sprint & Olympic
Race	Sun, Jun 4	Leon's Triathlon	Wolf Lake, Hammond, IN	Sprint & Olympic
5	Tue, Jun 6	Open Water Swim	Valley Lo Club	Happy Hour. LECTURE 7:45-8:30pm IBI Doctors - Meet and Greet
5	Thu, Jun 8	Run	GPC Tennis courts, West parking lot	
5	Sat, Jun 10	Long Bike, Short Run	Bunny trail	
6	Tue, Jun 13	Run, Strength, Swim	Valley Lo and Glenview Cycle	LECTURE 8:00-9:00pm Alan Rubin - Tire Change Clinic at Glenview Cycle
6	Wed, Jun 14	Open Water Swim Clinic \$50	Valley Lo Club	Open Water Swim Clinic & Happy Hour 6:15-8:45pm. Joel Feinberg Ironman Speaker
6	Thu, Jun 15	Run	GPC Tennis courts, West parking lot	
6	Sat, Jun 17	Bike, Run Repeats	Velodrome	
7	Tue, Jun 20	Open Water Swim	Valley Lo Club and Loyola Hill	
7	Thu, Jun 22	Run	GPC Tennis courts, West parking lot	
7	Sat, Jun 24	Run, Bike repeats-Strength	Velodrome	
Race	Sun, Jun 25	Ironman 70.3 Steelhead	Benton Harbor, MI	Half 70.3
Race	Sun, Jun 25	Pleasant Prairie Tri	Pleasant Prairie, IL	Sprint & Olympic
8	Tue, Jun 27	Run, Swim	Valley Lo and Loyola Hill	
8	Thu, Jun 29	Run	GPC Tennis courts, West parking lot	
8	Sat, Jul 1	Long Bike, Short Run	Bunny trail	
9	Tue, Jul 4	NO CLASS	NO CLASS	
9	Thu, Jul 6	Run	GPC Tennis courts, West parking lot	
9	Sat, Jul 8	Bike, Run	Skokie Lagoons	
10	Tue, Jul 11	Open Water Swim	Valley Lo Club	Happy Hour. LECTURE 8:00pm Becky Dieschbourg & Coaches - Race Day Nutrition
10	Thu, Jul 13	Run	Techny Prairie fields	
10	Sat, Jul 15	Swim, Bike, Run	Gillson Beach, ride to Fort Sheridan	
Race	Sun, Jul 16	Door County Tri	Door County, WI	Half 70.3 & Sprint
11	Tue, Jul 18	Run, Bike	Techny Prairie fields	
11	Thu, Jul 20	Run	Techny Prairie fields	
11	Thu, Jul 20	Open Water Swim Clinic \$50	Valley Lo Club	Open Water Swim Clinic & Happy Hour. 6:15-8:45pm. Sign up on website
11	Sat, Jul 22	Long Bike	Bunny Trail	
Race	Sun, Jul 23	Wauconda Tri	Wauconda, IL	Sprint & Olympic
12	Tue, Jul 25	Open Water Swim	Valley Lo Club and Loyola Hill	
12	Thu, Jul 27	Run	Techny Prairie fields	
12	Sat, Jul 29	Bike, Run Brick repeats	Fort Sheridan	
Race	Sun, Jul 30	Glenview Tri	Glenview IL	~Sprint
13	Tue, Aug 1	Open Water Swim	Valley Lo Club	Happy Hour. LECTURE 7:30-8:30pm Amy Oliphant - Mental Strength
13	Thu, Aug 3	Run	Techny Prairie fields	
13	Sat, Aug 5	Bike	Barrington loop	
14	Tue, Aug 8	Run, Bike	Techny Prairie fields	
14	Thu, Aug 10	Run	Techny Prairie fields	
14	Thu, Aug 10	Open Water Swim Clinic \$50	Valley Lo Club	Open Water Swim Clinic & Happy Hour. 6:15-8:45pm Sign up on website
14	Sat, Aug 12	Swim, Bike, Run	Gillson Beach	
Race	Sun, Aug 13	Wisconsin Women's Triathlon	Pleasant Prairie, IL	Sprint
15	Tue, Aug 15	Open Water Swim	Valley Lo Club and Loyola Hill	
15	Thu, Aug 17	Run	Techny Prairie fields	
15	Sat, Aug 19	Swim or Mini Tri	Gillson Beach	
Race	Sun, Aug 20	Michigan Titanium	Grand Rapids, MI	Half 70.3
16	Tue, Aug 22	Open Water Swim	TBD	
16	Thu, Aug 24	Run	Park Center tennis courts	
16	Sat, Aug 26	Swim,Bike,Run	Gillson Beach or Chicago Super Sprint	
Race	Sun, Aug 27	Chicago Triathlon	Chicago	Sprint, Olympic