



SAA Cycling Training Schedule 2011



Race Type:
Focus Race:
Race Date:

	Mon	Tue	Half Iron Oliver / Van June 5 / July 3	Full Iron IMC Aug 28th	Thu	Fri	Half Iron Oliver / Van June 5 / July 3	Full Iron IMC Aug 28th	Sun
			WEDNESDAY				SATURDAY		
Date:							April 02		
Distance:							40	60	
Date:			April 06				April 09		
Distance:			H x 2	H x 2			50	70	
Date:			April 13				April 16		
Distance:			H x 2	H x 3			50 70		
Date:			April 20				April 23		
Distance:			H x 3	H x 4			60	70	
Date:			April 27				April 30		
Distance:			H x 4	H x 4			50	80	
Date:			May 04				May 07		
Distance:			T x 2	T x 2			70	90	
Date:			May 11				May 14		
Distance:			T x 2	T x 3			80	100	
Date:			May 18				May 21		
Distance:			T x 3	T x 3			90	120	
Date:			May 25				May 28		
Distance:			T x 3	T x 3			60	80	
Date:			June 01				June 04		
Distance:			T x 1	T x 2			60 80		
Date:			June 08				June 11		
Distance:			H x 3	H x 3			80	80	
Date:			June 15				June 18		
Distance:			H x 4	H x 4			90	100	
Date:			June 22				June 25		
Distance:			H x 4	H x 4			60	120	
Date:			June 29				July 02		
Distance:			H x 2	H x 4			60 120 140		
Date:			July 06				July 09		
Distance:			H x 4				160 (P)		
Date:			July 13				July 16		
Distance:			T x 3				100		
Date:			July 20				July 23		
Distance:			T x 3				125		
Date:			July 27				July 30		
Distance:			T x 4				150		
Date:			Aug 03				Aug 06		
Distance:			T x 4				180 (P)		
Date:			Aug 10				Aug 13		
Distance:			T x 3				120		
Date:			Aug 17				Aug 20		
Distance:			T x 2				80		
Date:			Aug 24				Aug 27		
Distance:			T x 2				80		

Definitions:

(P) = Group ride planned in Penticton
 T = Tempo repeats @ Iona - Meet at Sea Island Adult Learning Centre
 H = Hills - UBC - Repeats - Start 41st & Camosun
 = Official Club session cancelled due to upcoming race

Coaches:

Marinus Waterberg
 Brian Flett
 Dan McLaren
 Michelle LaPorte
 Jan Frail
 Stephen Ptucha

Tune-up Events:

Delta Sprint: April 16, 2011

Race Plan Focus Events:

Oliver Half Iron: June 5, 2011
 Vancouver Half Iron: July 3, 2011
 Ironman Canada: Aug 28, 2011