



Naperville U.S. Women's Triathlon - Suburban Group Workout Schedule

Week	Date	Time	Lecture Topic	Sport	Workout Type	Place/Address	What to Bring
1	4/20/2010 Tues	7:30 PM	SubMax HR Assessment for Running	Running	Sub-Max HR Assessment	Good Samaritan Wellness Center Indoor Track Downers Grove, IL	Heart Rate Monitor Running Shoes
	4/24/2010 Sat	7:00 AM	SubMax HR Assessment for Cycling / Clinic	Cycling	Sub-Max HR Assessment	Trek Store Indoor Trainers Downers Grove, IL	Heart Rate Monitor Bike, Shoes
2	4/27/2010 Tues	7:30 PM	SubMax HR Assessment for Swimming	Swimming	Sub-Max HR Assessment	Downers Grove South High School 1436 Norfolk (63rd St. / Dunham) Downers Grove, IL	Heart Rate Monitor Goggles, Swim Cap, Swim Suit
	5/2/2010 SUNDAY	7:00 AM	Performance Assess / Proper Run Technique	Running	Performance Assessment	Wheaton College - TRACK 501 College Avenue Wheaton, IL	Heart Rate Monitor Running Shoes
3	5/4/2010 Tues	7:30 PM	Breathing, Balance, Body Position	Swimming	Sub-Max HR Assessment	Downers Grove South High School 1436 Norfolk (63rd St. / Dunham) Downers Grove, IL	Heart Rate Monitor Goggles, Swim Cap, Swim Suit
	5/8/2010 Sat	7:00 AM	Riding in a Group, General Technique	Cycling	Group Ride	Blackwell Forest Preserve Butterfield / Winfield Road Warrenville, IL	Heart Rate Monitor Bike, Helmet, shoes
4	5/11/2010 Tues	7:30 PM	Swim Technique	Swimming	Pool Workout	Downers Grove South High School 1436 Norfolk (63rd St. / Dunham) Downers Grove, IL	Goggles, Swim Cap, Swim Suit
	5/15/2010 Sat	7:00 AM	Transition Technique	Brick	Brick Workout	Blackwell Forest Preserve Butterfield / Winfield Road Warrenville, IL	Heart Rate Monitor Bike, Helmet, shoes Running Shoes
5	5/18/2010 Tues	6:30 PM	Pacing / Run Technique	Running	Track Workout	Wheaton College - TRACK 501 College Avenue Wheaton, IL	Heart Rate Monitor Running Shoes
	5/22/2010 Sat	7:00 AM	Transition Technique	Brick	Brick Workout	Blackwell Forest Preserve Butterfield / Winfield Road Warrenville, IL	Heart Rate Monitor Bike, Helmet, shoes Running Shoes
6	5/25/2010 Tues	7:30 PM	Swim Technique / Wetsuit Clinic	Swimming	Pool Workout	Downers Grove South High School 1436 Norfolk (63rd St. / Dunham) Downers Grove, IL	Goggles, Swim Cap, Swim Suit
	5/29/2010 Sat	7:00 AM	Transition Technique	Brick	Brick Workout	Blackwell Forest Preserve Butterfield / Winfield Road Warrenville, IL	Heart Rate Monitor Bike, Helmet, shoes Running Shoes
7	6/1/2010 Tues	7:30 PM	Race Starting, Swimming in a Crowd	Swimming	Pool Workout	Downers Grove South High School 1436 Norfolk (63rd St. / Dunham) Downers Grove, IL	Goggles, Swim Cap, Swim Suit
	6/5/2010 Sat	7:00 AM	Practice the event	Mini-Tri	Triathlon Event	Blackwell Forest Preserve Butterfield / Winfield Road Warrenville, IL	Heart Rate Monitor Bike, Helmet, shoes Running Shoes
8	6/8/2010 Tues	6:30 PM	Pacing / Run Technique	Running	Track Workout	Wheaton College - TRACK 501 College Avenue Wheaton, IL	Running Shoes Heart Rate Monitor
	6/12/2010 Sat	11:00 AM	Graduation	Day OFF	EXPO	Lifetime Fitness 28141 Diehl Road Warrenville, IL	Water
	6/13/2010 SUN	5:00 AM	Race Day	Triathlon	RACE	Centennial Beach 500 West Jackson Naperville, IL	Everything! Confidence Smiles :)