



SheROX Naperville Triathlon Series 2011 MMC Group Workout Schedule

WEEK	DATE	TIME	LECTURE / TOPIC	SPORT	WORKOUT TYPE	PLACE/ADDRESS	WHAT TO BRING
0	4/12/11 TUES	7:00 PM	KICKOFF	ALL	IMPORTANT INFORMATION	RUN TODAY 476 North Main Street Glen Ellyn, IL	Heart Rate Monitor Workout Attire
	4/16/11 SAT	7:00 AM	PRE-TRAINING EXPO	ALL	VARIOUS GROUP CLINICS / GOODIE BAGS	THE BIKE SHOP 495 North Main Street Glen Ellyn, IL	Heart Rate Monitor Workout Attire
1	4/19/11 TUES	6:30 PM	THRESHOLD HR ASSESSMENT	BIKE	INDOOR TRAINERS	THE BIKE SHOP 495 North Main Street Glen Ellyn, IL	Heart Rate Monitor Bike, Shoes, Water Bottle
	4/23/11 SAT	7:00 AM	THRESHOLD HR ASSESSMENT	RUN	TRACK	WHEATON COLLEGE TRACK 501 College Avenue Wheaton, IL	Heart Rate Monitor Shoes Water Bottle
2	4/26/11 TUES	7:45 PM	THRESHOLD HR ASSESSMENT	SWIM	POOL	MARMION ACADEMY Butterfield Rd./East of Farnsworth (POOL) Aurora, IL	Heart Rate Monitor Goggles, Swim Cap, Swimsuit, Towel, Bottle
	4/30/11 SAT	7:00 AM	THRESHOLD HR ASSESSMENT	RUN	TRACK	WHEATON COLLEGE TRACK 501 College Avenue Wheaton, IL	Heart Rate Monitor Shoes Water Bottle
3	5/3/11 TUES	7:45 PM	SWIM SKILLS	SWIM	POOL	MARMION ACADEMY Butterfield Rd./East of Farnsworth (POOL) Aurora, IL	Heart Rate Monitor Goggles, Swim Cap, Swimsuit, Towel, Bottle
	5/7/11 SAT	7:00 AM	SAFETY / SKILLS	BIKE	GROUP RIDE	BLACKWELL FOREST PRESERVE (NORTH) Mack Rd. - East of Rt. 59/ West of Winfield Warrenville, IL	Heart Rate Monitor Bike, Helmet, Shoes, Water Bottle
4	5/10/11 TUES	7:45 PM	TECHNIQUE	SWIM	POOL	MARMION ACADEMY Butterfield Rd./East of Farnsworth (POOL) Aurora, IL	Heart Rate Monitor Goggles, Swim Cap, Swimsuit, Towel, Bottle
	5/14/11 SAT	7:00 AM	TRANSITION SKILLS ENDURANCE	BRICK Bike/Run	GROUP RIDE/RUN	BLACKWELL FOREST PRESERVE (NORTH) Mack Rd. - East of Rt. 59/ West of Winfield Warrenville, IL	Heart Rate Monitor Bike, Helmet, Shoes, Water Bottle
5	5/17/11 TUES	7:00 PM	RUN TECHNIQUE	RUN	TRACK	WHEATON COLLEGE TRACK 501 College Avenue Wheaton, IL	Heart Rate Monitor Shoes Water Bottle
	5/21/11 SAT	7:00 AM	TRANSITION SKILLS ENDURANCE	BRICK	GROUP RIDE/RUN	VETERANS PARK - SW DuPAGE RIVER TRAIL 303 E. Gartner Road Naperville, IL	Heart Rate Monitor Bike, Helmet, Shoes, Water Bottle
6	5/24/11 TUES	7:45 PM	OPEN WATER SKILLS RACE STARTS	SWIM	POOL	MARMION ACADEMY Butterfield Rd./East of Farnsworth (POOL) Aurora, IL	Heart Rate Monitor Goggles, Swim Cap, Swimsuit, Towel, Bottle
	5/28/11 SAT	XXX	MEMORIAL DAY	NO GROUP WORKOUT	BRICK	XXXXX XXXXX XXXXX	
7	5/31/11 TUES	7:00 PM	OPEN WATER SKILLS RACE STARTS CROWD	SWIM	OPEN WATER	CENTENNIAL BEACH 500 West Jackson Naperville, IL	Heart Rate Monitor Goggles, Swim Cap, Swimsuit, Towel, Bottle
	6/4/11 SAT	7:00 AM	PRACTICING THE EVENT	MINI-TRI	BRICK	TBD - Possibly Centennial Beach or Herrick Forest Preserve - Wheaton	Heart Rate Monitor EVERYTHING!
8	6/7/11 TUES	7:00 PM	PACING / FINAL WORKOUT	RUN	TRACK	WHEATON COLLEGE TRACK 501 College Avenue Wheaton, IL	Heart Rate Monitor Shoes Water Bottle
	6/11/11 SAT	11:00 AM	VISUALIZATION GRADUATION	REST	EXPO	Naperville Settlement Area 523 South Webster Street Naperville, IL	Water Bottle Relaxed attitude!
	6/12/11 SUN	5:00 AM	YOU KNOW IT ALL!	RACE	SPRINT TRI	CENTENNIAL BEACH 500 West Jackson Naperville, IL	EVERYTHING! CONFIDENCE & SMILES!