



Weekly Group Workout Schedule-Downers Grove

Week	Date	Time	Lecture Topic	Sport	Workout Type	Place/Address	What to Bring	HZ Training Load
1	4/21/2009 Tues	6:30 PM	SubMax HR Assessment for Running	Running	Sub-Max HR Assessment	Indoors at Good Sam	Heart Rate Monitor Running Shoes	134
	4/25/2009 Sat	7:30 AM	SubMax HR Assessment for Cycling	Cycling	Sub-Max HR Assessment	Indoors at Good Sam	Heart Rate Monitor Bike, Helmet, shoes	100
2	4/28/2009 Tues	7:30 PM	SubMax HR Assessment for Swimming	Swimming	Sub-Max HR Assessment	Good Sam	Heart Rate Monitor Goggles, Swim Cap, Swim Suit	115
	5/2/2009 Sat	7:30 AM	Performance Assess / Proper Run Technique	Running	Performance Assessment	DGNH.S.	Heart Rate Monitor Running Shoes	80
3	5/5/2009 Tues	6:30 PM	Riding in a Group, General Technique	Cycling	Group Ride	Fermilab meet at Batavia RD. entrance, parking lot near security gate	Bike, Helmet, shoes	110
	5/9/2009 Sat	6:30 PM	Pacing / Run Technique	Running	Track Workout	DGNH.S.	Heart Rate Monitor Running Shoes	105
4	5/12/2009 Tues	7:30 PM	Swim Technique	Swimming	Pool Workout	Good Sam	Goggles, Swim Cap, Swim Suit	205
	5/16/2009 Sat	7:30 AM	Transition Technique	Brick	Brick Workout	Fermilab	Goggles, Swim Cap, Bike, Helmet, shoes Running Shoes	210
5	5/19/2009 Tues	6:30 PM	Pacing / Run Technique	Running	Track Workout	DGNH.S.	Heart Rate Monitor Running Shoes	135
	5/23/2009 Sat	7:30 AM	Transition Technique	Brick	Brick Workout	Fermilab	Goggles, Swim Cap, Bike, Helmet, shoes Running Shoes	195
6	5/26/2009 Tues	7:30 PM	Open Water Pool Swim	Swimming	Open Water Swimming	DGGSam	Goggles, Swim Cap, Swim Suit	145
	5/30/2009 Sat	9:00 AM	Race Starting, Swimming in a Crowd, Drafting	Swimming	Open Water Swimming	Centennial Beach	Goggles, Swim Cap, Swim Suit	80
7	6/2/2009 Tues	6:30 PM	Race Starting, Swimming in a Crowd	Swimming	Open Water Swimming	Centennial Beach	Goggles, Swim Cap, Swim Suit	195
	6/6/2009 Sat	9:00 AM	Practice the whole event	Mini-Tri	Triathlon Event	Centennial Beach	Goggles, Swim Cap, Bike, Helmet, shoes Running Shoes	300
8	6/9/2009 Tues	6:30 PM	Pacing / Run Technique	Running	Track Workout	DGNH.S.	Running Shoes Heart Rate Monitor	125
	6/13/2009 Sat	10:30 AM		Day Off		Expo/RACE		0