

**One Step Beyond – All Out Multisport  
Summer Youth Triathlon Training Program  
Spring 2017 itinerary - subject to change**

Sunday March 12 4pm-5pm

Initial meeting and swim practice at Triangle Aquatic Center

Wednesday March 15 430-530PM

Bike and run practice at Raleigh area greenway

Sunday March 19 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday March 22 430pm-530pm

Bike practice at Greenway trails PNC arena

Sunday March 26 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday March 29 430pm-530pm

Run practice at Old Reedy Creek road entrance to Umstead State Park

Sunday April 2 4pm-5pm

Strength and swim practice at Triangle Aquatic Center

Wednesday April 5 430pm-530pm

Bike and run practice at Raleigh area greenway

Sunday April 9 4pm-5pm

Transition + relay practice at Raleigh area greenway

Wednesday April 12 430pm-530pm

Bike practice at Raleigh area greenway

Sunday April 16 4pm-5pm

Swim + run practice at Triangle Aquatic Center

Wednesday April 19 430pm-530pm

Bike practice at Raleigh area greenway

Sunday April 23 4pm-5pm

Transition and relay practice at Raleigh area greenway

Wednesday April 26 430pm-530pm

Bike and transition practice at Raleigh area greenway

Sunday April 30 4pm-5pm

Swim and race pace discussion at Triangle Aquatic Center

Wednesday May 3 430pm-530pm

Bike and run relay practice at Raleigh area greenway

Sunday May 07 0900AM

Tar Heel Youth triathlon - <http://www.kidstrinc.org/race/chapel-hill/>