

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

Sunday July 16 400-500PM

Initial meeting and bike practice at PNC arena

Wednesday July 19 445-545PM

Bike and run practice at House Creek Greenway Raleigh

Sunday July 23 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday July 26 445-545PM

Bike practice at PNC arena

Sunday July 30 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday August 02 445-545PM

Run practice at House Creek Greenway Raleigh

Sunday August 06 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday August 09 445-545PM

Bike and run practice at House Creek Greenway

Sunday August 13 4pm-5pm

Transition + relay practice at Raleigh area greenway

Wednesday August 16 445-545PM

Bike practice at House Creek Greenway

Sunday August 20 4pm-5pm

Swim + run practice at Triangle Aquatic Center

Wednesday August 23 445-545PM

Bike practice at House Creek greenway

Sunday August 27 4pm-5pm

Transition and relay practice at House Creek greenway

Wednesday August 30 445-545PM

Bike and transition practice at PNC Arena greenway

Sunday September 03 4pm-5pm

Swim and race pace discussion at Triangle Aquatic Center

Wednesday September 06 445-545PM

Bike and run practice at House Creek greenway

Sunday September 10 400-500PM

Transition and relay practice at PNC Arena greenway

Wednesday September 13 445-545PM

Bike and run practice at House Creek greenway

Sunday, September 17 400-500PM

Run and swim practice at Triangle Aquatic Center

Wednesday September 20 445-545PM

Bike and run practice at House Creek greenway

Sunday September 24 800AM

Cary Tar Heel Youth Tri (organized by [Kids Tri NC](#))