

**One Step Beyond – All Out Multisport
Summer Youth Triathlon Training Program
Spring 2019 itinerary - subject to change**

Sunday April 14 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday April 17 430pm-530pm

Bike practice at Greenway trails PNC arena

Sunday April 21 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday April 24 430pm-530pm

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

Sunday April 28 4pm-5pm

Strength and swim practice at Triangle Aquatic Center

Wednesday May 01 430pm-530pm

Bike and run practice at Raleigh area greenway

Sunday May 05 4pm-5pm

Transition + relay practice at Raleigh area greenway

Wednesday May 08 430pm-530pm

Bike practice at Raleigh area greenway

Sunday May 12 4pm-5pm

Swim + run practice at Triangle Aquatic Center

Wednesday May 15 430pm-530pm

Bike practice at Raleigh area greenway

Sunday May 19 4pm-5pm

Transition and relay practice at Raleigh area greenway

Wednesday May 22 430pm-530pm

Bike and transition practice at Raleigh area greenway

Sunday May 26 4pm-5pm

Transition and relay practice at Raleigh area greenway

Wednesday May 29 430pm-530pm

Bike and transition practice at Raleigh area greenway

Sunday June 02 4pm-5pm

Transition and relay practice at Raleigh area greenway

Wednesday June 05 430pm-530pm

Bike and transition practice at Raleigh area greenway

Sunday June 09 0900AM

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