

**One Step Beyond – All Out Multisport
Summer Youth Triathlon Training Program
Spring 2020 itinerary - subject to change**

Wednesday April 1 4pm-5pm

Bike practice at Greenway trails PNC arena

Sunday April 5 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday April 8 430pm-530pm

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

Sunday April 12 4pm-5pm

Strength and swim practice at Triangle Aquatic Center

Wednesday April 15 430pm-530pm

Bike and run practice at Raleigh area greenway

Sunday April 19 4pm-5pm

Transition + relay practice at Raleigh area greenway

Wednesday April 22 430pm-530pm

Bike practice at Raleigh area greenway

Sunday April 26 4pm-5pm

Swim + run practice at Triangle Aquatic Center

Wednesday April 29 430pm-530pm

Bike practice at Raleigh area greenway

Sunday May 3 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday May 6 430pm-530pm

Bike and transition practice at Raleigh area greenway

Sunday May 10 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday May 13 430pm-530pm

Bike and transition practice at Raleigh area greenway

Sunday May 17 4pm-5pm

Strength and swim practice at Triangle Aquatic Center

Wednesday May 20 430pm-530pm

Bike and transition practice at Raleigh area greenway

Saturday May 23 0900AM

E3 Endurance Junior Triathlon - <http://e3endure.com/7-03-junior-triathlon-series>