

Beginning April 11:

MONDAYS RUNDAYS @ THE HIVE

HYBRID SWIMMERS: 3:45-5:30 pm (KB's @ EHS 3:00 – 5:00 pm)
ALL GROUPS: 5:30 – 6:30 pm (Run and dryland/core)
TRIATHLON SWIM: 6:30 – 7:15 pm

TRAINER TUESDAYS @ THE HIVE (*with bikes and trainers)

HYBRID SWIMMERS: 3:45-5:30 pm (KB's @ EHS 3:00 – 5:00 pm)
ALL GROUPS: 5:30 – 6:30 pm (Trainer workout, stretching/yoga)
TRIATHLON SWIM: 6:30 – 7:15 pm

WEDNESDAY BRICKS @ BOB RODALE CYCLING PARK

ALL GROUPS: 4:30 – 6:00 pm Tempo/Circuit Cycling Training and Transition Run (Brick
*We meet at the grass patch at the intersection of where the small loop
blends back in to the big loop, or across from where the walking path to the
big loop intersects at that loop.

WE RUN THURSDAYS @ THE HIVE

HYBRID SWIMMERS: 3:45-5:30 pm (KB's @ EHS 3:00 – 5:00 pm)
ALL GROUPS: 5:30 – 6:30 pm (Run and dryland/core)
TRIATHLON SWIM: 6:30 – 7:15 pm

FAST & FUN FRIDAYS @ THE HIVE

HYBRID SWIMMERS: 3:45-5:30 pm (KB's @ EHS 3:00 – 5:00 pm)
TRIATHLON SWIM (*No DEVOs): 5:30 – 6:30 pm

SATURDAY ROAD RIDES, MEET @ BOB RODALE CYCLING PARK

MIDDLES AND PERF: 8:00 – 10:00 am
*We meet at the Southwest-ish end of the parking lot – the part closest
to Hamilton Boulevard

Beginning June 13:

MONDAYS RUNDAYS @ EMMAUS COMMUNITY PARK

HYBRID KB SWIMMERS: 6:30 – 8:30 am
HYBRID AG SWIMMERS: 7:45 – 9:15 am
TRIATHLON SWIM: 8:15 – 9:15 am (includes Swarmup)
ALL GROUPS: 9:15 – 10:15 am (Run and dryland/core)

TRAINER TUESDAYS @ EMMAUS COMMUNITY PARK (*with bikes and trainers)

HYBRID KB SWIMMERS: 6:30 – 8:45 am (includes dryland)
HYBRID AG SWIMMERS: 7:45 – 9:15 am (Dryland 7:15-7:45, optional)
TRIATHLON SWIM: 8:15 – 9:15 am (includes Swarmup)
ALL GROUPS: 9:15 – 10:15 am (Trainer Workout and/or Handling skills)

WEDNESDAY BRICKS @ BOB RODALE CYCLING PARK

ALL GROUPS: 7:00 – 8:30 am Tempo/Circuit Cycling Training and Transition Run (Brick
*We meet at the grass patch at the intersection of where the small loop
blends back in to the big loop, or across from where the walking path to the
big loop intersects at that loop.

WE RUN THURSDAYS @ EMMAUS COMMUNITY PARK

HYBRID KB SWIMMERS: 6:30 – 8:45 am (includes dryland)
HYBRID AG SWIMMERS: 7:45 – 9:15 am (Dryland 7:15-7:45, optional)
TRIATHLON SWIM: 8:15 – 9:15 am (includes Swarmup)
ALL GROUPS: 9:15 – 10:15 am (Run and yoga)

FAST & FUN FRIDAYS @ EMMAUS COMMUNITY PARK

HYBRID KB SWIMMERS: 6:30 – 8:30 am
HYBRID AG SWIMMERS: 7:45 – 9:15 am
TRIATHLON SWIM (No Devos): 8:15 – 9:15 am

SATURDAY ROAD RIDES/BRICKS, MEET @ BOB RODALE CYCLING PARK

MIDDLES AND PERF: 8:00 – 10:00 am
*We meet at the Southwest-ish end of the parking lot – the part closest
to Hamilton Boulevard
*Be prepared to run off the bike.