

Lesson	Date	Location	Time	Notes
Program Kick-off	3/15	Trek West	6:00-7:30	parents/guardians required
Team workout	4/5	McKee Farm Park	5:00-6:30	bike/run
No Practice	4/9	-	-	Easter Sunday
Team workout	4/12	McKee Farm Park	5:00-6:30	bike/run
Team workout	4/16	Fireman's Park	1:00-2:30	bike/run
Team workout	4/19	McKee Farm Park	5:00-6:30	bike/run
Team workout - Pool swim	4/23	Verona Aquatic Center	1:00-2:30	swim/run
Team workout	4/26	McKee Farm Park	5:00-6:30	bike/run
Team workout	4/30	Fireman's Park	1:00-2:30	bike/run
Team workout	5/3	McKee Farm Park	5:00-6:30	bike/run
Team workout - Pool swim	5/7	Verona Aquatic Center	1:00-2:30	swim/run
Team workout	5/10	McKee Farm Park	5:00-6:30	bike/run
Team workout	5/14	Fireman's Park	1:00-2:30	bike/run
Team workout	5/17	McKee Farm Park	5:00-6:30	bike/run
Team workout - Open water swim	5/21	Fireman's Park	1:00-2:30	swim/run
Team workout	5/24	McKee Farm Park	5:00-6:30	bike/run
Lake Mills Preview Clinic	5/28	Lake Mills	7:30-10:00	race prep clinic including OWS + course preview
Team workout	5/31	McKee Farm Park	5:00-6:30	workout + celebration
Lake Mills Triathlon	6/4	Sandy Beach Park, Lake Mills	6:00 AM	