

2017 CALENDAR
Last Updated on 12/17/16

JANUARY						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

All Mon: Club Swim 7:30-8:30
2 Time Assessment & Swim
11 Clinic: Create a training plan.
18 Clinic: Bikes and Gear
21 Clinic: Bikes and Gear
7,14,21,28 Beginner Swim Clinic

All Mon: Club Open Water
All Thur: Track Workouts 6 pm
All Sat: Club Runs 8 am

 CL#5: Relay Madness & BBQ
9: Mass State Olympic Tri

JULY						
S	M	T	W	Th	F	S
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FEBRUARY						
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All Mon: Club Swim 7:30-8:30

4 Clinic: Shifting, Cadence, & Indoor Training
6 Underwater Stroke Assess.
11 Underwater Stroke Assess.
19 INDOOR TRI
22 Run Gait Analysis

All Mon: Club Open Water
All Thur: Track Workouts 6 pm
All Sat: Club Runs 8 am

6 Niantic Bay(\$)& After Party
27: Maine 70.3 Ironman

AUGUST						
S	M	T	W	Th	F	S
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MARCH						
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All Mon: Club Swim 7:30-8:30
All Tue: C3 Rides 6:15-7:30 pm
All Sat: C3 Rides 10-11 am

8 Clinic: Injury Prevention & Functional Movement
19: INDOOR TRI

All Mon: Club Open Water
All Thur: Track Workouts 6 pm
All Sat: Club Runs 8 am

9: Madison Tri (\$)

SEPTEMBER						
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APRIL						
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All Mon: Club Swim 7:30-8:30
All Thur: Track Workouts 6 pm
All Sat: Club Runs 8 am
Club Rides start! Day/time TBD
1: Clinic: Running Form
1: Club Run
2: Clinic: Bike Maintenance & Bike Road Safety.
2: First Club Ride
23: INDOOR INVITATIONAL

All Mon: Club Open Water
All Thur: Track Workouts 6 pm
All Sat: Club Runs 8 am

 The rest of the awesomeness
 TBD by 8/31

OCTOBER						
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MAY						
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All Mon: Club Swim 7:30-8:30
All Thur: Track Workouts 6 pm
All Sat: Club Runs 8 am
13 Cedar Lake Race Prep
20 Open Water Skills Clinic
22 Open Water Swim
25 Cedar Lake Tri & BBQ
28 Best Bike Distance Ride

All Mon: Club Swim 7:30-8:30
All Sat: Club Runs 8 am

 The rest of the awesomeness
 TBD by 8/31

NOVEMBER						
S	M	T	W	Th	F	S
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JUNE						
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25	26	27	28	29	30	

All Mon: Club Open Water
All Thur: Track Workouts 6 pm
All Sat: Club Runs 8 am

All Mon: Club Swim 7:30-8:30

 The rest of the awesomeness
 TBD by 8/31

DECEMBER						
S	M	T	W	Th	F	S
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