



TRIUMPH! TRIATHLON TEAM TRAINING – 2020 OVERVIEW

Team Training sessions are **subject to change** based on weather, facilities, and needs of the Team.
 For **all the details** and **up-to-date information** please follow us on Facebook <https://www.facebook.com/Triumph.Tri.Team>

Date		Time	Team Training/Notes	Location	Address
Sun	Jan. 5	See event	<i>Resolution Run - Get Bold Events</i>	Battle Ground, WA	
Mon	Jan. 20	7:00pm	Board Meeting	Reed Creative	
Sun	Jan. 26	3:30pm	Team - 2020 Season Kick-off & Resource Fair	Water Resource Center	Vancouver, WA
Thurs	Jan. 30	8am	Team - Thurs. Zwift Virtual Group Cycling #1	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sat	Feb. 1	7am	Team - Sat. Zwift Virtual Group Cycling #1	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sun	Feb. 2		<i>Superbowl Sunday</i>		
Thurs	Feb. 6	8am	Team - Thurs. Zwift Virtual Group Cycling #2	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sat	Feb. 8	7am	Team - Sat. Zwift Virtual Group Cycling #2	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sun	Feb. 9	6pm	Indoor Swim Practice – Series #1 Week 1	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Thurs	Feb. 13	8am	Team - Thurs. Zwift Virtual Group Cycling #3	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Fri	Feb. 14		<i>Valentine's Day</i>		
Sat	Feb. 15	7am	Team - Sat. Zwift Virtual Group Cycling #3	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sun	Feb. 16	6pm	Indoor Swim Practice – Series #1 Week 2	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Mon	Feb. 17		<i>President's Day</i>		
Thurs	Feb. 20	8am	Team - Thurs. Zwift Virtual Group Cycling #4	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sat	Feb. 22	7am	Team - Sat. Zwift Virtual Group Cycling #4	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sun	Feb. 23	See event	<i>Vancouver Lake ½ Marathon</i>	<i>Optional event – not a team focus event</i>	
		6pm	Indoor Swim Practice – Series #1 Week 3	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Mon	Feb. 24	7pm	Board Meeting		
Tues	Feb. 25		<i>Mardi Gras</i>		
Thurs	Feb. 27	8am	Team - Thurs. Zwift Virtual Group Cycling #5	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sat	Feb. 29	7am	Team - Sat. Zwift Virtual Group Cycling #5	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
		11am	Team - Leap Day Run and Pub!	Washougal, WA	More details coming soon!
Sun	Mar. 1	6pm	Indoor Swim Practice – Series #1 Week 4	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Tues	Mar. 3	6:30pm	Tri 101 “ Everyone Starts Somewhere”	TBD	
Thurs	Mar. 5	8am	Team -Thurs. Zwift Virtual Group Cycling #6	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sat	Mar. 7	7am	Team - Sat. Zwift Virtual Group Cycling #6	Your home, your trainer, your bike	Zwift App for virtual ride and Discord App for chatting
Sun	Mar. 8		<i>Daylight Savings Time begins</i>		
		6pm	Indoor Swim Practice – Series #1 Week 5	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661

Tues	Mar.	10	6:30pm	Team - Track Session #1	Hudson Bay HS Track	E. McLoughlin Blvd & Fort Vanc. Way
Sat	Mar.	14	7am	Team - Bike	Marshall Center Parking lot by Playground	E. McLoughlin Blvd & Fort Vanc. Way
			10am	Tri Clinic "Fix-a-Flat & Roadside Repair"	Marshall Center shelter by Playground	E. McLoughlin Blvd & Fort Vanc. Way
Sun	Mar.	15	6pm	Indoor Swim Practice – Series #2 Week 1	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Mon	Mar.	16	7pm	Board Meeting	TBD	
Wed	Mar.	18	6:30pm	Team - Track Session #2	Hudson Bay HS Track	E. McLoughlin Blvd & Fort Vanc. Way
Sat	Mar.	21	7am	Team - Bike	Marshall Center Parking lot by Playground	E. McLoughlin Blvd & Fort Vanc. Way
Sun	Mar.	22	See event	'Couve Clover Run – Why Racing	Vancouver, WA	
			6pm	Indoor Swim Practice – Series #2 Week 2	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Tues	Mar.	24	6:30pm	Team - Track Session #3 (Team Leader coaching)	Hudson Bay HS Track	E. McLoughlin Blvd & Fort Vanc. Way
Sun	Mar.	29	6pm	Indoor Swim Practice – Series #2 Week 3	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Tues	Mar.	31	6:30pm	Team - Track Session #4	Hudson Bay HS Track	E. McLoughlin Blvd & Fort Vanc. Way
Sat	Apr.	4		??? possible group training		
Sun	Apr.	5	6pm	Indoor Swim Practice – Series #2 Week 4	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Tues	Apr.	7	6:30pm	Team Run – Hill Workout #1	Leverich Park	4400 NE Leverich Park Way, Vancouver, WA 98663
Thurs	Apr.	9	6:00pm	Tri Clinic "Transitions with a Purpose"	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
			6:30pm	Team – Transitions/Repeats/Races (bike & run)	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Sat	Apr.	11	7am	Team – Bike to Run Brick	Klineline Pond (Salmon Creek east end)	1112 NE 117th Street, Vancouver, WA
Sun	Apr.	12	6pm	Indoor Swim Practice – Series #2 Week 5	Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Tues	Apr.	14	6:30pm	Team Run – Hill Workout #2		
Sat	Apr.	18	9am	Tri Clinic "Open Water Swim"	Horseshoe Lake Park	Park Rd, Woodland, WA 98674
Sun	Apr.	19	see event	Spring Classic Duathlon – Why Racing	start line @ Home Depot	11633 NE Glen Widing Drive, Portland, OR.
Tues	Apr.	21	6:30pm	Tri Clinic "Fueling & Hydration for Success" Sports Nutrition	TBD	
Wed	Apr.	22	6:30pm	Team "Plogging" for Earth Day! (run)	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Sat	Apr.	25	7am	Team - Run	Horseshoe Lake Park	Park Rd, Woodland, WA 98674
			9am	Team - Open Water Swim		
			10am	Tri Clinic "Oh Shift" Understand Bike Gearing & Handling		
Sun	Apr.	26	see event	Monster Cookie Bike Ride – Salem Bike Club	Salem, Oregon	
Tues	Apr.	28	6:30pm	Team - Open Water Swim	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Thurs	Apr.	30	5:30am	Team - Early Morning OWS	Fallen Leaf Lake	2911 NE Everett Street Camas, WA
Sat	May	2	6:30am	Big Day Training for Victoria & Practice Tri	Horseshoe Lake Park	Park Rd, Woodland, WA 98674
Tues	May	5	5:30pm	<i>Cinco de Mayo!</i> Team Taco Potluck - before & after swim	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
			6:30pm	Team - Open Water Swim		
Thurs	May	7	5:30am	Team - Early Morning OWS	Fallen Leaf Lake	2911 NE Everett Street Camas, WA
Sat	May	9	7am	Practice Tri	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Sun	May	10		<i>Mother's Day</i>		

Tues	May	12	6:30pm	Team - Open Water Swim	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Thurs	May	14	5:30am	Team - Early Morning OWS	Fallen Leaf Lake	2911 NE Everett Street Camas, WA
Sat	May	16	8am	Team – Brick: Bike & Run	Hagg Lake – Boat Ramp C	Gaston, Oregon
Sun	May	17	See event	Reflection Run – Why Racing	<i>Optional event – not a team focus event</i>	Washougal, WA
Mon	May	18	7pm	Board Meeting		
Tues	May	19	6:30pm	Team - Open Water Swim	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Thurs	May	21	5:30am	Team - Early Morning OWS	Fallen Leaf Lake	2911 NE Everett Street Camas, WA
Sat	May	23	7am	Team – Brick: Bike & Run	Klinline Pond (Salmon Creek east end)	1112 NE 117th Street, Vancouver, WA
Mon	May	25		<i>Memorial Day</i>		
Tues	May	26	6:30pm	Team - Open Water Swim	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Sat	May	30	See event	Sat. & Sun. PDX Tri @ Blue Lake – Why Racing	<i>Optional event – not a team focus event</i>	
Sun	May	31	See event	Ironman 70.3 Victoria	Victoria B.C., Canada	
Thurs	June	4	6:30pm	Team – Open Water Swim	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Sat	June	6	7am	Team – Brick: Swim & Bike	Horseshoe Lake Park	Park Rd, Woodland, WA 98674
Tues	June	9	6:30pm	Team – Run Hill Workout	Round Lake/Lacamas Park	3344 NE Everett St, Camas, WA 98607
Sat	June	13	See event	Oregon Dunes Tri – Best in the West	<i>Optional event – not a team focus event</i>	
Tues	June	16	6:30pm	Team – Open Water Swim	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Fri	June	19		Pacific Crest Endurance Festival – Why Racing	Sunriver, Oregon	
Sat	June	20	See event			
Sun	June	21				<i>Father's Day</i>
Sat	June	27	7am	Team – Practice Tri	Horseshoe Lake Park	Park Rd, Woodland, WA 98674
Tues	June	30	6:30pm	Team – Open Water Swim	Vancouver Lake	6801 NW Lower River Road, Vancouver, WA
Sat	July	4		<i>Independence Day - Happy 4th!</i>		
Tues	July	7	6:30pm	Team – Run - Hills	TBD	
Sat	July	11	8am	Team – Brick: Swim & Bike	Hagg Lake – Boat Ramp C	50250 SW Scoggins Valley Road, Gaston, OR 97119.
Tues	July	14	6:30pm	Team – Run - Hills	TBD	
Sat	July	18	See event	Hagg Lake Tri – Why Racing	<i>Optional event – not a team focus event</i>	
Sat	July	18	See event	STP Bike Ride – Cascade Bike Day 1	Seattle to Centralia	
Sun	July	19		STP Bike Ride – Cascade Bike Day 2	Centralia to Portland	
Tues	July	21	6:30pm	Team – Open Water Swim & optional Run	Horseshoe Lake Park	Park Rd, Woodland, WA 98674
Sat	July	25	See event	Rolf Prima Tri @ the Grove – Best in the West	Cottage Grove, Oregon	
Tues	July	28	6:30pm	Team – Open Water Swim & optional Run	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Sun	Aug	2	See event	Lucky Tri – Why Racing	Horseshoe Lake Park	
Tues	Aug	4	6:30pm	Team – Open Water Swim & optional Run	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Sat	Aug	8		<i>??? possible group training</i>		
Tues	Aug	11	6:30pm	Team – Open Water Swim & optional Run	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Fri	Aug.	14	see event	Columbia River Kid's Tri & Sunset 5k – Why Racing	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Sat	Aug.	15		Sprint & Olympic Co-ed Tri – Why Racing		
Sun	Aug.	16		Girlfriends All Women's Sprint Tri – Why Racing		
Tues	Aug.	18	6:30pm	Team – Open Water Swim & optional run	TBD	
Sat	Aug.	22	7am	Team – Brick: Bike & Run Repeats	Klinline Pond (Salmon Creek east end)	1112 NE 117th Street, Vancouver, WA
Tues	Aug.	25	6:30pm	Team – Open Water Swim & optional run	TBD	

Sun	Aug.	30	See event	Ironman Canada 140.6	Penticton B.C. Canada	
Thurs	Sept.	3	6:30pm	Team – Open Water Swim & optional run		TBD
Sat	Sept.	6	7am	Team - Practice Tri		TBD
Sun	Sept.	7		<i>Labor Day</i>		
Tues	Sept.	9	6:30pm	Team – Open Water Swim & optional run		TBD
Sat	Sept.	13	see event	Best in the West - Long Course & Sprint Tri & Du	Lewis Creek County Park (Foster Reservoir)	44450 North River Drive Foster, OR
Sun	Sept.	14		Best in the West - Oly Tri & Du, Kid's Tri , TRY-a-Tri		

Updated: January 29, 2020