



Triathlon Training Schedule

Coach Kathy Goody



CERTIFIED COACH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-6 am		Begin / Intermediate TRI Swim Class		Begin / Intermediate TRI Swim Class	TRI Personal Training
5:10-6:30 am	Davidson Cycling Warehouse		On the Road Cycle		
6-7am		Adv / Intermediate TRI Swim Class		Adv / Intermediate TRI Swim Class	
7-8 am	TRI Personal Training	Begin / Intermediate TRI Swim Class		Begin / Intermediate TRI Swim Class	
8:15 - 9:15 am		Core Strength		Core Strength	
9-10 am					Davidson Cycling Warehouse
10- 11 am		Begin / Intermediate TRI Swim Class		Begin / Intermediate TRI Swim Class	
5:30-7:30 pm	Youth Run/Swim Training		Youth Cycle Training		Youth Run/Swim Training

Advanced/Intermediate Tri Swim/Tri class

Looking for a group to train with? This class we will cover all aspects of training and racing; swim/bike/run including use of the Computrainer Studio up at Cool Breeze. There will be some drill work but mostly strength building and endurance training to gain speed in the water.

1-on-1 Personalized Triathlon Training/Private Swim Lesson

Prefer to work individually to reach your goals? This class is all about you. We will identify limiters and use advanced testing and training techniques for optimal results. Regular assessments for marked improvement are part of your individual plan. Swim, Bike or Run we will design the plan for you.

Beginner Tri Swim/ Class

Beginners through experienced athletes will learn the skills and techniques for triathlon racing as we cover topics such as transitions. There will be swim stroke analysis and evaluation with lots of drill work, bike and run plans and workouts for strength.

Davidson Cycling Warehouse

Computrainer™ is the most advanced indoor cycling training system used by professional multi-sport athletes. This amaz-ing training system tracks endurance, speed, heart rate and power all while you ride through a virtual terrain displayed on a large screen monitor. Your own road/tri bike is required.

Core Strength

Guided strength for the multi-sport triathlete to keep you injury free and gaining strength the correct way!

Interested in a special class designed by you? YOU and at least 3 friends can meet with me and we will design your class. I'll set up a class for you and we'll cover all of the components of swim, bike and run and more. See Kathy for appointment.

For more information, contact Kathy Goody at 704.766.2236 or kgoody@huntersville.org