

Austin Triathlon Training 2011

Start date of June 14th: 11 weeks of training for the Austin Tri race. Cost \$275. 4 Rogue workouts per week. (plus you can attend the Sunday 5pm or Monday 6:45pm core workouts).

Quality Run workout: Train with the See Jane run half marathon program or the basic training program. The training schedule will have a 4 week base phase of easy pace runs + strides. Then move into speedwork and strengthwork.

Basic Training is a beginner program that runs 20 min to 3 miles the first day. Options:

- Downtown Tuesdays 6:30pm with Liz Freeman
- Downtown Wednesdays 6am with Scott Carden
- Anderson Tuesdays 6:30pm with Jenn Howard-Brown
- Cedar park Tuesdays 6:30pm with James Dodds

OR

See Jane run half marathon program. Beginners at 3 miles the first day. Int/ Adv 4 -5 the first day.

- Beginners Downtown Tuesdays 6:30pm with Stacy Shapiro
- Int / Adv Downtown Wed 6:30pm with Team rogue elite athlete Sarah Madebach
- Anderson Wed 6:30pm all levels with Dolly Day
- Cedar Park Wed 6:30pm all levels with Oscar Gonzales

Bike workout:

Thursday at 6:30pm at locations south such as the Veloway or Mission oaks: with coach Chuck Duval. Because of the range of riders in Cap tex and Iron chicks, Chuck sometimes will have 2 routes for the bike workout.

Long run

Saturdays at 7am at Rogue

Swim

Sundays at 10am with coach Holly McKee at east YMCA or some Sundays will meet at Decker for open water swim.