

Description: Swim Analysis, Stroke Development, and Conditioning

Lead Instructor:

Location: Washington Recreation Center

350 Community Center Drive, Washington, UT 84780

Time: 8:00 am to 9:30 am

Bring: hydration, a suit, goggles, paddles, buoy, fins

Questions and Answer, Fuel, and Recover

Bike Handling Skills

Description: Focus on bike handling, T1 and T2 practice.

Lead Instructor: Andrew

Location: Sand Hollow Reservoir There is a \$20 fee to enter.

Look for the Motive8 tent at the north end of the boat ramp parking lot to your left

Time: 11am am to Noon

You should bring: All your cycling and running gear for a BRICK.

Double BRICK workout and T2 Skills

Description: T2 practice. This will be two Bike and Run Bricks that are back-to-back. Distance and intensity will be based on the athlete.

Lead Instructor: Anna

Location: Sand Hollow Reservoir

Route around the Sand Hollow Reservoir [click here to see the route](#).

Time: Noon to 4 pm

You should bring: nutrition, fluids, medical needs like an inhaler, and anything you normally have with you for the bike and run legs of a triathlon.