

Tiger Shark Training Schedule 2014

Name	
Phone	
E-mail	



Training Date	Time	Location	Workout Description	Attendance Y/N
Spring		<i>(changes may occur)</i>	<i>changes may occur</i>	
13-May	6:00 PM	Murray Park	Short swim, bike, run	
20-May	6:00 PM	Murray Park	T1 practice/bike skills	
27-May	6:00 PM	Sugarhouse Park	Bike w/transition run	
3-Jun	6:00 PM	Murray Park	T1 & T2 practice/run skills	
Summer				
10-Jun	6:00 PM	Murray Park	Short swim, bike, run	
11-Jun	10:30 AM	Sugarhouse Park	Bike w/transition run	
12-Jun	6:00 PM	Murray Park	T1 practice/bike skills	
17-Jun	6:00 PM	Murray Park	Swim/bike skill evaluation	
18-Jun	10:30 AM	Sugarhouse Park	Bike w/transition run	
19-Jun	6:00 PM	Murray Park	T2 practice/run skills	
24-Jun	6:00 PM	Murray Park	Bike/run skill evaluation	
25-Jun	10:30 AM	Sugarhouse Park	Bike w/transition run	
1-Jul	6:00 PM	Quarry Trailhead	Trail run	
2-Jul	10:30 AM	Draper City Park	Bike/transition run	
3-Jul	6:00 PM	Murray Park	Swim/run skills	
8-Jul	6:00 PM	Sugarhouse Park	Endurance bike ride	
10-Jul	6:00 PM	Murray Park	Bike/run skills w/short swim	
15-Jul	6:00 PM	Draper Equestrian Park	Trail run	
16-Jul	10:30 AM	Draper City Park	Bike/transition run	
17-Jul	6:00 PM	Murray Park	Swim/run skills	
22-Jul	6:00 PM	Murray Park	Swim/bike skills	
23-Jul	10:30 AM	Sugarhouse Park	Emmigration bike ride	
29-Jul	6:00 PM	Murray Park	Swim/run skills	
30-Jul	10:30 AM	Draper City Park	Bike/transition run	
31-Jul	4 PM (tent)	Murray Park	Water Park Ride/Swim (tent)	
5-Aug	6:00 PM	Quarry Trailhead	Trail run	
6-Aug	10:30 AM	Sugarhouse Park	Sugarhouse TT & Team TT	
7-Aug	6:00 PM	Murray Park	Swim/bike/run day	
12-Aug.	6:00 PM	Murray Park	Race Day (swim/bike/run)	
11-Aug.	6:00 PM	TBA	Poss. bonus training day (TBA)	
Registraion & Training Fees:	scan & e-mail all info or mail all to Jo Garuccio 770 Pinewood Dr. Sandy, Utah 84094			
Desert Shark Membership Required: \$35 - includes tech T (go to www.desert-sharks.com)				
USAT Membership Required: \$15 (go to www.usatriathlon.org)				
Uniform Top or Top & Bottom (Optional): E-mail Jo			jo@agegroupsports.com	
Spring Training (May10-June 3): \$48 or \$15 per session				
Summer Training (June 10-Aug. 12 @ 2x's per week): \$205 or \$15 per session				
Summer Training (June 10-Aug. 12 @ 3x's per week): \$310 or \$15 per session				
Wed. Bike Session Only June 10-Aug. 6: \$108 or \$15 per session				