



# WORKOUT LOCATIONS

## RIDES

Rocky River  
Marina

## OPEN WATER SWIM

Edgewater  
Dog Park

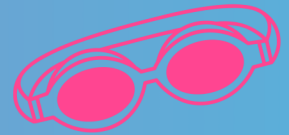
## BRICKS

SWIM  
Columbia Beach  
RIDE  
Rocky River  
Marina





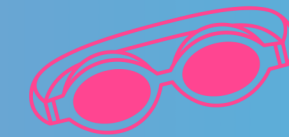
# MAY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02	03	04 CYCLING SKILLS + GROUP RIDE 7 AM CLINIC   8 AM RIDE
05	06	07 OPEN WATER SWIM 6 - 7 PM	08	09	10	11
12	13	14	15	16	17	18 GROUP RIDE 8 AM
19	20	21 OPEN WATER SWIM 6 - 7 PM	22	23	24	25
26	27	28	29	30	31	01 OHIO 70.3 PREVIEW RIDE 7 AM



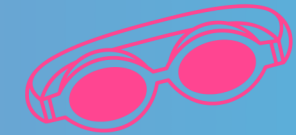
# JUNE 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01 OHIO 70.3 PREVIEW RIDE 7 AM
02	03	04 OPEN WATER SWIM 6 - 7 PM	05	06	07	08
09	10	11	12	13	14	15 BRICK SWIM + BIKE TRANSITION CLINIC 6:30 SWIM   8 AM RIDE
16	17	18 OPEN WATER SWIM 6 - 7 PM	19	20	21	22
23	24	25	26	27	28	29 OHIO 70.3 PREVIEW RIDE 7 AM
30	01	02	03	04	05	06



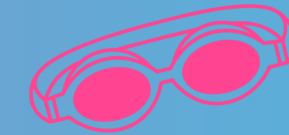
# JULY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01	02	03	04	05	06 BRICK SWIM + BIKE 6:30 AM SWIM   8 AM RIDE
07	08	09 OPEN WATER SWIM 6 - 7 PM	10	11	12	13
14 MUSSELMAN 70.3	15	16	17	18	19	20
21 OHIO 70.3	22	23 OPEN WATER SWIM 6 - 7 PM	24	25	26	27 BURNING RIVER
28 BURNING RIVER	29	30	31	01	02	03



# AUGUST 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06 OPEN WATER SWIM 6 - 7 PM	07	08	09	10
11	12	13	14	15	16	17
18 TRICLE	19	20	21	22	23	24
25	26	27	28	29	30	31