

Weekly Training Workouts - Summer

Swim,

Mon, Wed, and Fri:	5:00 – 6:30 a. m. YMCA*	
Tuesday and Thursday:	5:30 – 6:30 a. m. at Middle TN Swim Club* 6:30 – 7:30 p. m. at Middle TN Swim Club*	Ron Chlasta
Saturday:	8:00 – 9:15 a. m. at Middle TN Swim Club*	

Bike

Tuesday and Thursday (Spin):	5:10 a.m. YMCA* 6:00 a.m. YMCA*	Oliver Barry
Tuesday and Thursday (Road):	5:30 a.m. YMCA parking lot 5:30 p.m. ACME Multisports	Barry Bresnahan Mark Evans

Run

Mon, Wed, and Fri:	5:00 a.m. from YMCA parking lot (Beginners Welcome)	Oliver Barry
Sunday:	6:00 a. m. from the Hendersonville H. S. back parking lot	Mark Evans

Weights

Wednesday:	5:30 – 6:30 a. m. at Middle TN Swim Club*	Amy Caldwell
Saturday:	7:00 – 8:00 a.m. at Middle TN Swim Club*	

* Membership Required