



TRIATHLON NEWBIE COURSES SCHEDULE



Group 1

Week 2
Tue 9.1

-Liikuntamyly, kick-off meeting 18:30-19:15
-Liikuntamyly, indoor run 19:30-20:30
Wed 10.1
-Kilo, Swim, 7-8:00

Week 3
Mon 15.1

-Triathlon Corner, Vallila, Outdoor run 18:30-19:30
Thu 18.1
-Triathlon Corner, Vallila, Bike maintenance workshop 17:30-19:00
Sat 20.1
Triathlon Corner, Vallila, indoor cvclina 9-10:00

Week 4
Tue 23.1

-Liikuntamyly, indoor run 19:30-20:30
Wed 24.1
-Kilo, Swim, 7-8:00

Week 5
Mon 24.1

-Triathlon Corner, Vallila, Outdoor run 18:30-19:30
Sat 3.2
Triathlon Corner, Vallila, indoor cycling 9-10:00

Week 6
Tue 6.2

-Liikuntamyly, indoor run 19:30-20:30
Wed 7.2
-Kilo, Swim, 7-8:00
Thu 8.2
Triathlon Corner, Vallila, Lecture: Training & Race day management, 17:30-19:00

Group 2

Week 7
Mon 12.2

-Triathlon Corner, Vallila, kick-off meeting 17:30-18:15
-Triathlon Corner, Vallila, Outdoor run 18:30-19:30
Sat 17.2
Triathlon Corner, Vallila, indoor cycling 9-10:00

Week 8
Tue 20.2

-Liikuntamyly, indoor run 19:30-20:30
Wed 21.2
-Kilo, Swim, 7-8:00

Week 9
Mon 26.2

-Triathlon Corner, Vallila, Outdoor run 18:30-19:30
Thu 1.3
-Triathlon Corner, Vallila, Bike maintenance workshop 17:30-19:00
Sat 3.3
Triathlon Corner, Vallila, indoor cvclina 9-10:00

Week 10
Tue 6.3

-Liikuntamyly, indoor run 19:30-20:30
Wed 7.3
-Kilo, Swim, 7-8:00

Week 11
Mon 12.3

-Triathlon Corner, Vallila, Outdoor run 18:30-19:30
Thu 15.3
Triathlon Corner, Vallila, Lecture: Training & Race day management, 17:30-19:00
Sat 17.3
Triathlon Corner, Vallila, indoor cycling 9-10:00

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