

Annapolis Triathlon Club - 2018 Spring/Summer Training Schedule

Swim

Sponsor	Activity	Location	When	notes
ATC Open Water	Open Water Swim	Michael Ryans – 3324 Breckenridge Way, Riva, 21140	6p Sunday Weather permitting. Posted on ATC FB Page	Open Water Fun Swim. Drop in, 250m marked OW course, kayak support, post swim bbq
Annapolis Breakfast Club	Swim	Arundel Olympic Swim Center (AOSC)	6:00-7:30a Mon - Fri, 8:00a Sat	Free (pool fee may apply) - drop in, say hi, be nice. 4K every day @ 1:30 pace
Masters Swim Program	Swim	AOSC, Riva Rd	9:30-10:45a Tue/Thurs.	(\$) Sign up on the AOSC website. Led by Traci McNeil
Masters Swim Program	Swim	AOSC, Riva Rd	8:00-9:15p Tues/Thurs	(\$) Sign up on the AOSC website. Led by Jenn Bistrack
(AAA) Anne Arundel Amphibians (usms.org)	Swim	AOSC, Riva Rd	8-9:30pm M/W 8:00a Sat	join USMS , no min commitment, pool fees may apply. Led by Rand Vaillancourt
Maryland Masters	Swim	Severna Park Community Center	M/W/F 5:30-6:45 AM	(\$) WebSite Led by Traci McNeil

Bike

Sponsor	Activity	Location	When	Notes
Kinetic Motion	Bike (24 mile loop)	304B Harry Truman Rd	6pm Tuesday, Thursday	Free. Various speeds, Thu is a recovery ride

Kinetic Motion	Bike (43+ mile loop)	304B Harry Truman Rd	7am Saturday	Free. Various speeds, Various distances led by certified coaches.
Kinetic Motion	Long Bike Rides	April 8 -- Queenstown, departing from Royal Farms May 13 -- Eagleman Course out of Cambridge May 27 -- Skyline Drive August 19 -- Myersville Pain Ride	Time Varies Saturday	Free, longer ride, various speeds led by certified coaches
Bike Doctor Arnold	Short bike ride	Bike Doctor Arnold	6pm Wednesdays 8 am Saturdays	Free drop-in group rides

Run

Sponsor	Activity	Location	When	Notes
Annapolis Striders	Track workout	Bates Track, Maryland Hall side	6:00 pm Tuesdays	Free. All levels welcome. https://www.facebook.com/groups/519142334809601/
ATC Bridge Run	Hill workouts	Jonas Green Park	6:30 pm Wednesday	Free. All levels welcome. https://www.facebook.com/groups/301908906624298/members/
Anne Arundel Striders	Run	GORC Park in Odenton	7:00 am Saturdays	https://www.facebook.com/pg/AAStriders/events/ see Beth Stewart