

## **2010 BTC ACTIVITIES** - version 2 - revised March 2, 2010

An overview of the 2010 BTC activity plan follows. We have also included related activities that may be of interest to our members.

Notes:

- details are posted on the club's CALENDAR on the website ( [www.bridgewatertriclub.com](http://www.bridgewatertriclub.com) )
- most of the activities have a fee and require minimum numbers to proceed
- changes and updates will be posted on the email list and website

Constructive suggestions and comments are always welcome. Good luck for 2010!

### **A. PREPARATION - January to April**

**1** - Wednesday pool swim - structured, building fitness - 16 weeks - Jan 13 to Apr 28 - 6-7pm at emOcean - \$100

**2** - Sunday pool swim - unstructured - 21 weeks - Jan 10 to May 30 - 6-7pm at emOcean - \$130 or \$7/ swim

**3** - Tri-camp - Benchmark - meant for people that have been on a training program, an opportunity to gauge your fitness level - Saturday Apr 17th - \$40

Related

- Bike/Strength/Stretch for triathletes - Thursday nights at the Fieldhouse starting on January 7th - \$0
- Bike setup for triathletes - Tuesday Jan 12 at the Fieldhouse - \$0
- Saturday runs from the YMCA - \$0
- Introduction to Duathlon/Triathlon - Saturday Apr 24th - \$15 - Contact Lunenburg Municipality Recreation - 541-1343

### **B. RACE - May to September**

**4** - Fancy Lake Brick- Wednesday -16 weeks - May 5 to Aug 18 - 6-8pm - included in BTC membership

Related

- Monday intervals - May 3 to Jul 26 - 6-7:30pm-Bridgewater area - \$0
- Lake Swims - Sunday and Friday nights - Mush-a-mush - 6-7:30pm - \$0
- Sunday Rides - 10am - typically 2 hours - \$0
- Saturday runs from the YMCA - \$0

### **C. OFF-SEASON - October to December**

**5** - Wednesday pool swim - structured, regaining form - 11 weeks - Oct 6 to Dec 15 - 6-7pm at emOcean - \$70

**6** - Sunday pool swim - unstructured - 10 weeks - Oct 17 to Dec 19 - 6-7pm at emOcean - \$60 or \$7/ swim

Related

- Sunday Rides - 10am - typically 2 hours - \$0
- Saturday runs from the YMCA - \$0