

2010 PTC WORKOUT OPERATIONS

Portland Triathlon Club sponsors various events throughout the year including weekly training events, self-guided training programs and clinics to improve your skills and knowledge about the various aspects within the sport of Triathlon. Tuesday Track Work - 5:30pm @ Duniway Track (by the YMCA/All Star Fitness downtown) We'll go over some basics to begin with, nothing fancy, no true sprinters here, just some triathletes trying to move their feet faster.

Wednesday Swims - 5:30am @ 10th Ave. Athletic Club (1111 SW 10th Ave. in old YWCA building) The swim series will resume in the fall. Stay tuned for more details. Wednesday Rides - Departing from either TAI/PACE on the east side or Athlete's Lounge on the west side alternating weeks. We mix it up between hilly & flat on alternating weeks as well and some add a nice little transition run on the end. Thursday Runs - 5:30pm...leave at 5:40pm from downtown Foot Traffic, SW Yamhill & 1st Runs from downtown that will take us along the river or up some SW hills. 3, 5 or 7 miles. Think of it as a medium to higher intensity mid-week

run. <http://maps.google.com/maps?&hl=en&q=110%20SW%20Yamhill> Thursday Open Water Swims - These are not club sponsored/supported at this time, but groups of folks do like to get together and swim around the area. Stay tuned to googlegroups for messages on current water conditions. Please note that all swims are "at your own risk". The club does not accept liability. PLEASE SWIM SAFELY AND NEVER ALONE! Saturday Rides - 9am from Athlete's Lounge, 2600 NW Vaughn St. 97210 Every other Saturday beginning at 9:00 AM. Rides will be 2 hours or longer. All skill levels welcome. Group starts together and appropriate groups form. All rides depart from the NW Location. Sometimes we do short transition runs afterwards. Sunday Runs - 10am from Athlete's Lounge, 2600 NW Vaughn St. 97210 Anywhere from 1-2hrs, trails or pavement, we'll get in some good aerobic work starting in NW and usually head into Forest Park.

Store doesn't open until 11am, so plan accordingly. Gary and Scott will welcome you in afterwards. See our Calendar of Events for more information. Information about upcoming clinics will be sent out via the email lists.

2010 PTC Training Programs

Online Training Programs for Beginner and Intermediate athletes to train for Sprint, Olympic and Half-Ironman Distances are available under the Main Menu-"Training Plans and Resources." These plans will be available by March 2010 and only accessible to paid members of the club. The password needed to access these programs is located in the 2010 membership kit or can be obtained by emailing Membership at membership@pdxtriclub.org.

Coach Mark Kendall (SpeedShot Racing) will guide members through these online training plans at our March meeting. If you are unable to attend the March meeting, you can always contact Mark (mark@speedshotracing.com) more information.

Season Planning for the Triathlete

Links of Interest

PTC Group Ride Etiquette and Tips - Group riding is a great way to learn new routes, share training hours with others and get into shape. Check out our Group Ride Etiquette and Rules of the Road, and tips on cycling in the rain.

Technical Articles on Bikes - SlowTwitch.com has a number of articles explaining the "why" of cycling. The Bike Geometry article is a good start to explain the difference between Road and Tri bikes.