



**Saturday Swim/Bike/Run Training at Boerne City Lake:**

Kayak supported swim with two distances either ½ mile (point and back) or 1 mile (across the lake and back). Bike ride with two distance options of 15 or 30 miles. The run also has two distance options, 3 or 6 miles. Come do all three disciplines, just one or any combination. All groups will have a leader. There will be water and/or Heed available on site. Boerne Lake is now charging entrance fees, however we have been told that if you arrive before the gate attendant (around 7:00am), you can enter without paying. Normal entry fee is \$8 per vehicle.

Details:

Meet at Tri-Sition Area no later than 7:15am if you would like to carpool, or meet at the lake by 7:55am.

Swim starts at 8:00am by the boat dock at the lake.

Bike ride starts at approximately 9:15am.

Run will start after the two bike groups finish up.

The training is for all levels. Beginners are welcome and encouraged. No one will be left behind.

*Wetsuits are available for rental at the shop.*

**Sunday Bike/Run Brick Workout:**

There are two groups leaving from Tri-Sition Area every Sunday morning. Both will start with a bike run and finish up with a run.

Intermediate to Advanced group:

Wheels down: 8:00 am.

Distance: 30-40 miles followed by a 30 minute run.

Beginner's group:

Wheels down: 8:00 am.

Distance: 12-15 miles followed by a 15 minute run.

**Sunday Morning Long Run:**

Run will start at Tri-Sition Area at 7:00am sharp. Distance will vary from 6-18 miles.

**Wednesday Evening Run:**

Run will start at Tri-Sition Area at 6:00pm sharp. Distance will vary.

**Thursday Evening Bike:**

Both rides will start at 6:00pm sharp.

Level 1 group: approximately 12-14 mph, distance of about 8-12 miles.

Level 2 group: approximately 17-19 mph, distance of about 18-25 miles.