



## Corpus Christi Triathlon Club Training Schedule for Republic of Texas Triathlon

Saturday: March 10 – 7 am to 10 am

**DISCUSSION:** "What Tri Distance is Right for You" w/USAT Coach Scott Jones (from Denver)

**CLINIC:** Swim Technique and T1/T2 Practice w/USAT Coach Dawn English  
Location: Natatorium (off Saratoga)

Tuesday: March 13 - 6:30 pm to 7:30 pm

**PRACTICE:** Open Water Swim

Location: Cole Park, next to Condominiums  
(Bring wet suit, but not necessary)

Thursday: March 15 - 6:30 pm to 7:30 pm

**PRACTICE:** Informal Bike & Run

Location: At Race Transition Site (Barge Dock in front of American Bank Center)

Tuesday: March 20 - 6:30 pm to 7:30 pm

**PRACTICE:** Open Water Swim

Location: Cole Park, next to Condominiums  
(Bring wet suit, but not necessary)

Wednesday: March 21 - 6:30 pm to 7:30 pm

**CLINIC:** Open Water Swim Basics w/USAT Coach Dawn English

Location: Cole Park, next to Condominiums

Thursday: March 22 - 6:30 pm to 7:30 pm

**PRACTICE:** Informal Bike & Run

Location: At Race Transition Site (Barge Dock in front of American Bank Center)



**Corpus Christi Triathlon Club  
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Tuesday: March 27 - 6:30 pm to 7:30 pm

**PRACTICE:** Open Water Swim

Location: Cole Park, next to Condominiums

(Bring wet suit, but not necessary)

Thursday: March 29 - 5:30 pm to 6:30 pm

**PRACTICE:** Informal Bike & Run.

Location: At Race Transition Site (Barge Dock in front of American Bank Center)

Saturday, March 31 – 7 am to 8:30 am

**CLINIC:** “Putting it all Together” w/USAT Coach Dawn English

Location: At Race Transition Site (Barge Dock in front of American Bank Center)

Tuesday: April 3 - 6:30 pm to 7:30 pm

**PRACTICE:** Open Water Swim

Location: Cole Park, next to Condominiums

(Bring wet suit, but not necessary)

Thursday: April 5 - 6:30 pm to 7:30 pm

**PRACTICE:** Informal Bike & Run.

Location: At Race Transition Site (Barge Dock in front of American Bank Center)

Saturday, April 7 – 7 am to 8:30 am

**CLINIC:** “Putting it all Together” w/USAT Coach Dawn English

Location: At Race Transition Site (Barge Dock in front of American Bank Center)



**Corpus Christi Triathlon Club  
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Tuesday: April 10 - 6:30 pm to 7:30 pm

**PRACTICE:** Open Water Swim

Cole Park, next to Condominiums  
(Bring wet suit, but not necessary)

Thursday: April 12 - 6:30 pm to 7:30 pm

**PRACTICE:** Informal Bike & Run.

Location: At Race Transition Site (Barge Dock in front of American Bank Center)

Saturday & Sunday: April 14<sup>th</sup> & April 15<sup>th</sup>

**RACE DAY**

