



**Beachside
TriSport**

June 2009 – Summer/Fall Camp Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 TRI NIGHT @ Running Zone 6:00pm Packet Pick-up for Half & Oly	26	27 Half Iron Camp 1st Practice – Suzanne's House 7:00am Bike	28
29	30	HALF IRONMAN SWIM PRACTICES: Tues & Thurs 6:00am @ Fee Avenue Pool through Thu. 7/23 then TBD				



**Beachside
TriSport**

July 2009 - Summer/Fall Camp Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 Run - Front Street Park 6:00 pm	3	4	5 Suzanne's House 7:00 am - Swim Bike
6	7 Tire Changing Clinic @ Revolutions on Babcock 6:00pm	8	9 Run -Eastminster Church 6:00pm	10	11 Suzanne's House 7:00 am - Bike Run	12
13	14 Beginner Tri Clinic & Packet Pick-Up @ Indian Harbour Beach Rec Ctr 6:00pm	15	16 Open Water Swim & Run - 6 th Ave. boat ramp 6:00pm	17	18 Strength Training Clinic 1:00pm @ Pro Health Melbourne	19 Sprint & Oly Camp 1st Practice Oars & Paddles 7:00am Bike Clinic & Ride
20 Beginner Swim Clinic @ Fee Ave Pool 6:00 am	21 Tri Lecture #1 Nutrition & Open Water Swim @ Pro Health Melbourne 6:00pm	22	23 Run - Hoover MS - 6:00pm & Beginner Run Clinic #1	24	25 Oars & Paddles 7:00am Bike Run	26
27	28 Bike Clinic #1 @ Oars & Paddles 6:00pm	29	30 Run - Hoover MS - 6:00pm & Beginner Run Clinic #2	31	Weekly SWIM PRACTICES @ Fee Avenue Pool Mon & Wed 6:00am OR Tue & Thurs 6:00am YOUR DAY TBD	



**Beachside
TriSport**

August 2009 - Summer/Fall Camp Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2 Ponce de Leon 7:00 am – Swim Bike
3	4	5	6 Open Water Swim & Run – 6th Ave. boat ramp 6:00pm	7	8 Palm Bay Hospital 7:00 am – Bike Run	9
10	11 Tri Lecture #2 @ Pro Health Melbourne 6:00pm	12	13	14	15	16 Revolutions Suntree 7:00am – Bike
17	18 Bike Clinic #2 & Ride @ Oars & Paddles 6:00pm	19	20	21	22 Ryckman Park 7:00 am Swim Bike Run	23
24	25	26	27 Open Water Swim & Run – 6th Ave. boat ramp 6:00pm	28	29	30 Eastminster Church 7:00 am – Bike
31						



**Beachside
TriSport**

September 2009 - Summer/Fall Camp Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Tri Lecture #2 @ Pro Health Melbourne 6:00pm	2	3 Run – Gleason Park 6:00pm	4	5 Oars & Paddles 7:00 am – Bike Run	6
7	8 Bike Clinic #3 & Ride @ Oars & Paddles 6:00pm	9	10 Run- Eastminster Church 6:00 pm	11	12	13 7:00 am Swim Bike Run
14	15	16	17 Open Water Swim & Run – 6 th Ave. boat ramp 6:00pm	18	19 Eau Gallie Library (HF Course) 7:00 am – Bike Run	20
21	22	23	24 Run - Front Street Park 6:00pm	25	26	27 Eau Gallie Library (HF Course) 7:00 am – Swim Bike Run
28	29	30				



**Beachside
TriSport**

October 2009 - Summer/Fall Camp Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Open Water Swim/Run - Eau Gallie Library 6:00 pm	2	3 RACE- Atlantic Coast Triathlon Half Ironman Eau Gallie Library 7:00 am – Swim Bike Run	4
5	6	7	8 Open Water Swim/Run - Eau Gallie Library 6:00 pm	9	10	11 RACE – Health First Triathlon -Sprint & Olympic
12	13	14	15	16	17	18 Post Season Party!! TBD
19	20	21	22	23	24	25
26	27	28	29	30	31	