



www.fundyextreme.com
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Fundy Extreme Triathlon Club 2010

President & Coach: Jon Tracy
VP: Tom Peiser
Treasurer: Marlo Rose
VP Communications: Dave Young
Secretary: Doug Scott
Social: Sue Watson, Dianne Buhay
Race Director: John Russell
Junior Committee: John Parks, Jon Tracy

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Payment Options

- Online - www.atlanticchip.ca/events/details.php?show=512
- In Person - Jon Tracy, Tom Peiser or Marlo Rose (receipt)
- Mail To: Fundy Extreme Triathlon Club . PO Box 6693 . RPO BSQ .

Fundy Extreme Triathlon Club

New Brunswick's most active and largest
Triathlon club!Membership is \$45.

Summer Training Schedule *(Open to all levels of ability)*

Triathlon Coach: Jon Tracy - tricoach@live.com or FETC@live.ca

Monday 6pm: Meanans Cove Beach, Quispamsis (June 28th)

- Brick Night - Bike and Run with transitions
- This is a high performance night *(open to anyone who wants to get some quality power and speed training)*
- Consists of short, repeating bricks (start early with 2 bricks and progress to 6 - 8 bricks)
 - Run to bike transition (simulate a swim to bike transition)
 - short fast bike (4km)
 - bike to run transition
 - short fast run (1km)
 - rest period and do it again

Wednesday 6pm- Meanans Cove Beach, Quispamsis (April 14th)

- **Swim, bike and run** –The workouts vary as the season progresses. We do varying distances and intensities of each of the sports.
- We start with just biking, then after a couple weeks we add some running after the bike.
- June 23rd we start swimming followed by a bike, a run or both.
- The workouts are designed to be instructional (for those that are new to the sport) as well as challenging (new to seasoned athletes):
 - Bricks, Time trialing, Riding hills, Transitions, Open water & Pack swimming, Drafting (bike & swim), Technique, Race Strategy

Saturday 8:30am - Lily Lake, Rockwood Park, Saint John (May 29th)

- **Swim and Run** - We start with shorter swims, followed by a run. The runs start short (i.e. 40 min), but build in time every week by 5 min, until we get up to 1:30 to 1h 45min. Not everybody has to do this run distance as there is always a place to leave the run and go back to Lily Lake. We run a combination of trails and roads in the Park. As the season progresses, we do longer swims (with triathlon specific drills), followed by longer runs (as above).

Other Workouts

Monday - 6:30pm Mountain Bike @ Rockwood Park, Fisher Lakes with Bike Works
Tuesday - 5:30pm Track workouts @ Princess Elizabeth School with Daryl Steeves
- 6pm Quick Chicks Bike ride @ Bikes & Beans
Wednesday - 6pm Bike ride with Alternatives @ Gondola Point Ferry
Thursday - 6pm Fast & Long Bike ride @ Dolan Road Irving
- 6:30pm Running workouts @ K-Park school with Daryl Steeves
- 6:30pm Mountain Bike @ Rockwood Park, Fisher Lakes
Sunday - 9am Bike ride @ Bikes & Beans
- 11am Bike ride with Alternatives @ Gondola Point Ferry

New Club Sponsors

- Alex Coffins Fitness Shop
- Aberdeen Motors Subaru
- Darlings Island Bike Shop

New Club Sponsors

- Human Performance Centre
- Treats
- XTERRA Wetsuits