

**One Step Beyond – All Out Multisport
Summer Youth Triathlon Training Program
Summer 2018 itinerary - subject to change**

Sunday July 22 400-500PM

Initial meeting and bike practice at PNC arena

Wednesday July 25 445-545PM

Bike and run practice at House Creek Greenway Raleigh

Sunday July 29 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday Aug 01 445-545PM

Bike practice at PNC arena

Sunday Aug 05 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday August 08 445-545PM

Run practice at House Creek Greenway Raleigh

Sunday August 12 4pm-5pm

Run and swim practice at Triangle Aquatic Center

Wednesday August 15 445-545PM

Bike and run practice at House Creek Greenway

Sunday August 19 4pm-5pm

Transition + relay practice at Raleigh area greenway

Wednesday August 22 445-545PM

Bike practice at House Creek Greenway

Sunday August 26 4pm-5pm

Swim + run practice at Triangle Aquatic Center or Briar Chapel Youth Triathlon (organized by [Kids Tri NC](#))

Wednesday August 29 445-545PM

Bike practice at House Creek greenway

Sunday Sep 02 4pm-5pm

Transition and relay practice at House Creek greenway

Wednesday Sep 05 445-545PM

Bike and transition practice at PNC Arena greenway

Sunday September 09 4pm-5pm

Swim and race pace discussion at Triangle Aquatic Center

Wednesday September 12 445-545PM

Bike and run practice at House Creek greenway

Sunday September 16 400-500PM

Transition and relay practice at PNC Arena greenway

Wednesday September 19 445-545PM

Bike and run practice at House Creek greenway

Sunday, September 23 400-500PM

Run and swim practice at Triangle Aquatic Center

Wednesday September 26 445-545PM

Bike and run practice at House Creek greenway

Sunday September 30 800AM

Granite Falls Youth Tri (organized by [Kids Tri NC](#))