

# Swimming

## **ETA Coach Open Water Swims at Camp Ockanickon**

### **Medford Lakes, NJ**

Jason Kildare organizes the open water swim clinic on specific dates. But the real draw is the open lake course that is available pretty much every Saturday morning from mid-April to mid-Sept, and also some Sundays and Thursday evenings too. The course is set up with buoys and you can come and go any time during the open hours. If you are new to open water swimming or wish to improve your confidence and efficiency in this environment, you may also register for one of their Skills Clinics. The roads around the camp are great for biking or running, as well.

Cash, Check, or Pass Purchased Online. 15.00 Cash or Check per Lake Swim. Payment will be taken at venue. (This does not include lifeguard gratuity). Passes for the 2016 ETA Coach Open Water Swim Season can be purchased online, as well. Photo ID, USAT Card (or \$12 one day pass purchase) and ticket required in order for swim.

<http://www.etacoach.com/openwaterswim.php>

## **Mid-Atlantic Multisport, LLC Open Water Swim Series**

### **Marsh Creek State Park, Downingtown, PA**

An opportunity for experienced triathletes and swimmers to practice their open water skills, simulate race conditions and get a workout.

Bring your swimsuit and goggles and train on our 1/4-mile course marked with buoys and monitored by certified lifeguards.

If you are new to open water swimming or wish to improve your confidence and efficiency in this environment, you may also register for one of their Skills Clinics. Single session or season passes available for purchase.

[http://www.midatlanticmultisport.com/?page=open\\_water\\_swim\\_series](http://www.midatlanticmultisport.com/?page=open_water_swim_series)

## **Coached Triathlon Swim Training at Upper Dublin HS Pool**

**Maple Glen, PA**

Whether taking on your first triathlon or you're a veteran looking to improve your swim time, this swim training will help. Work on techniques to improve speed and efficiency while also building endurance. Open water swim drills are included; learn techniques that will prepare you for race day. All swim levels are welcome but participants must be able to swim 25 yards in any stroke and be comfortable in 6' of water. Please supply your own goggles and swim cap. Pre-registration is encouraged but not required. The instructor is Coach Marcy Gialdo, Certified USA Triathlon Coach. Thursdays 8:15pm-9:30pm.

<http://marcygialdo.com/coaching/swim-training/>

## **Suburban Seahawks Club**

**Newtown Square, PA**

For the recreational swimmer, SSC offers lap swimming every day together with group aquatic classes. They also have a Masters program for those adult swimmers who wish to take part in workouts and meets.

Lap Swim Hours

[https://www.teamunify.com/masssc/\\_doc\\_/Lap%20Swim%20Times.pdf](https://www.teamunify.com/masssc/_doc_/Lap%20Swim%20Times.pdf)

# Biking

## Performance Bicycle Paoli

**The Performance Great Ride Series** is for beginner and intermediate level cyclists. Saturday morning group rides start at 9:00am on the Chester Valley Trail (the pub side) - RT29. The ride is for beginners, those getting back in the saddle, or riders who want to add some variety to their cycling. The ride will last approximately one hour, and will go at an average pace of between 12 and 15 miles per hour. They explore some of the local bike paths and some residential routes, as well. The ride will take place every Saturday morning at 9:00am and is a “No Rider Left Behind” ride. Fun, non-competitive ride.

*For more details, to sign up for a ride or to learn more about Performance bike maintenance workshops please visit:*

<http://www.meetup.com/Performance-Bicycle-Great-Ride-Series/>

## Performance Bicycle **Lunchtime Shop & Save**

Every Tuesday Noon- 2:00pm. Take an additional **10% OFF** any clothing and accessories purchase.

## Suburban Cyclists Unlimited

Suburban Cyclists maintains a great listing of organized bike riding events (not races). It's on their website, under the link for “Regional Event Calendar”. These events are great for newer riders because there is often SAG (Support And Gear assistance), the route is pre-planned with food/water stops along the way, and it's a great way to get accustomed to riding with other people and riding on open roads.

<http://www.suburbancyclists.org/>

# Training Plans & Misc.

## Beginner Triathlete

A resource for free beginner training plans (and lots of other useful info). The focus is getting people to complete a specific number of minutes of training, without focusing as much on distance or speed. Using the “Original Sprint” 13 Week Plan, the idea is that if you can swim/bike/run the number of minutes in the plan then you can do the distances in a sprint.

<http://beginnertriathlete.com/discussion/training/trainingplans-list.asp>

## MapMyRide

Use MapMyRide to identify bike or running routes in your desired location, using a search finder. You can see the course (including a flyover mode) and elevation maps. Race bike courses can also be mapped using this website, so you will know where the hills are before you get there!

<http://www.mapmyride.com>

(Another similarly helpful site is <https://www.gmap-pedometer.com/>)

## Mullica Hill Women’s Tri Club (MHWTC) Website

Offers an abundance of information for aspiring and seasoned triathletes alike.

MHWTC Training Plans:

<http://mullicahilltriclub.com/index.php/training/training/>

MHWTC Pool Swim Workout Sheets:

<http://mullicahilltriclub.com/index.php/riverwinds-swimming-workouts/>

## TriFind

A good source for finding tri and du races. The interactive tool is helpful for finding events in specific locations or dates when/where you want to race.

[www.trifind.com](http://www.trifind.com)

## TriNewbies Online (TNO)

A helpful resource for free printable Sprint, Olympic and Half Iron Distance training plans.

[http://www.trinewbies.com/tno\\_trainingprograms.asp](http://www.trinewbies.com/tno_trainingprograms.asp)

## **Tri Swim Coach App**

By Oguz Yildiz for \$2.99, available on the Apple or Android app sites. The app contains videos & descriptions of many helpful swim drills along with tri swim training workouts for sprint through 140.6.