

2020 Multi-Sport Program

January 28th, February 4th & 11th – Speed Skating at the CKRC Oval
February 18th, 25th & March 3rd – Cross-Country Ski at WPNC
April 21st, 28th & May 5th – Cycling (mountain bike) TBA
May 12th, 19th & 26th – Triathlon (duathlon) TBA

Age: age 8-12 as of Dec 31, 2020

Workouts for both sessions will take place on Tuesday evenings. Session 1 will run from 5:15 to 6:15pm. Session two will run 6:45 to 7:45pm.

Each block of training will aim to include two workouts, plus one evening focused on competitive efforts or events.

Program participants will need to have continued access to a mountain bike (in good working condition) and certified helmet for this program. It is also important they have suitable clothing for outdoor exercise during the winter months.

Equipment requirements for each phase will be as follows:

- **Speed Skating:** Bring a helmet & appropriate clothing
 - Skates provided
- **Cross-Country Ski:** Bring appropriate clothing
 - Skis, boots & poles provided
- **Mountain Biking:** Bring a helmet & mountain bike
- **Duathlon:** Bring a helmet & mountain bike

Cost is \$99 per child