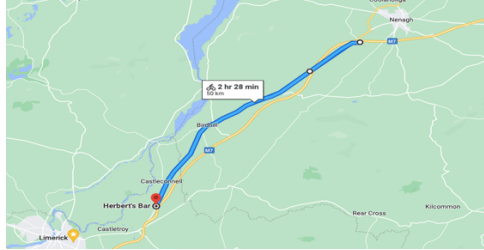
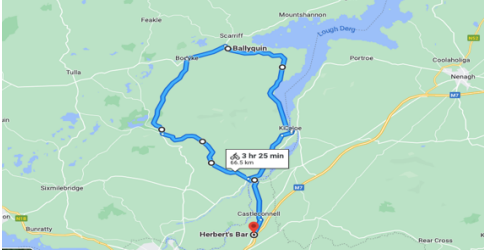

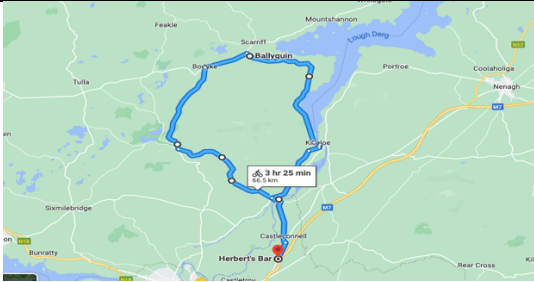
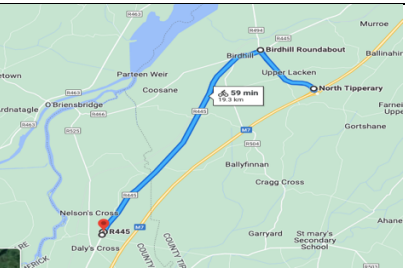


## Limerick Triathlon Club – Training Schedule

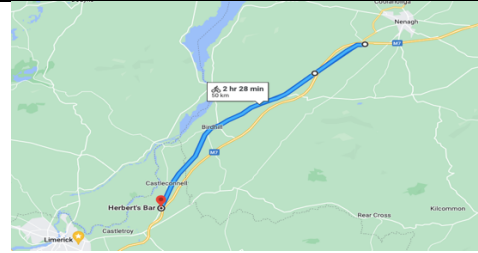
Day / Date / Time	Discipline	Session	Route Map / Strava Link
Wednesday 6 <sup>th</sup> April 2022 6:15pm	Road Cycling	<b>Flat 50km Route:</b> Collective.. All riders roll out together.	 <p><a href="https://www.strava.com/routes/2945677614077418858">https://www.strava.com/routes/2945677614077418858</a></p>
Sunday 10 <sup>th</sup> April 2022 9am	Road Cycling	<b>70km Route:</b> 2 groups if numbers allow.	 <p><a href="https://www.strava.com/routes/2945679618993226802">https://www.strava.com/routes/2945679618993226802</a></p>
Wednesday 13 <sup>th</sup> April 2022 6:15pm	Road Cycling	<b>Hilly 40km Route:</b> Group 1 rolls out 5 minutes ahead of Group 2.	 <p><a href="https://www.strava.com/routes/2945685572342513100">https://www.strava.com/routes/2945685572342513100</a></p>

<p>Sunday 17<sup>th</sup> April 2022 9am</p>	<p>Road Cycling</p>	<p><b>70km Route:</b> 2 groups if numbers allow.</p>	 <p><a href="https://www.strava.com/routes/2945679618993226802">https://www.strava.com/routes/2945679618993226802</a></p>
<p>Wednesday 20<sup>th</sup> April 2022 6:15pm</p>	<p>Time Trial</p>	<p><b>LTC TT #1</b> 19km Route.</p>	 <p><a href="https://www.strava.com/segments/24523047">https://www.strava.com/segments/24523047</a></p>
<p>Sunday 24<sup>th</sup> April 2022 9am</p>	<p>Road Cycling</p>	<p><b>75km Route:</b> 2 groups if numbers allow.</p>	 <p><a href="https://www.strava.com/routes/2945707578574886250">https://www.strava.com/routes/2945707578574886250</a></p>

Wednesday 27<sup>th</sup>  
April 2022  
6:15pm

Road  
Cycling

**Flat 50km Route:**  
“Hound and Hares” –  
G2 chase G1. G1 has a  
5min handicap ahead  
of G2. *When the catch  
is made both groups  
ride back to the start  
together.*



<https://www.strava.com/routes/2945677614077418858>