

MANITOBA MULTISPORT PROGRAM JANUARY - MAY 2020

Endurance training program for kids 8 - 12

SPEED SKATING

JANUARY 28, FEBRUARY 4 & 11

Bring a helmet & warm clothes.
Skates are provided.

CROSS COUNTRY SKIING

February 18, 25 & March 3

Bring warm clothes.
Skis, boots and poles provided.

MOUNTAIN BIKING

APRIL 21, 28 & MAY 5

Bring a bike and a helmet.

TRIATHLON

MAY 12, 19 & 26

Bring a bike and a helmet.

Endurance sports have historically seen a great deal of crossover in their top performers. A good skater or skier will often have an advantage in cycling or running. This program will offer a sampling of these four sports to expose youngsters to new skills and develop as athletes.

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

This program runs in two sessions on Tuesday nights.

Session 1: 5:15 PM - 6:15 PM

Session 2: 6:45 PM - 7:45 PM

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

Program registration is limited to 40 spaces total, 20 spaces per session.



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