

TEC Lecture Schedule

Monthly Topics

- August 14th 5:30 – 6:30 pm
 - TEC Overview
 - Swim Technique 101
- September 11th 5:30 – 6:30 pm
 - Running Technique 101
 - Cycling Technique 101
- October 23rd 7:00 pm
 - Women's Triathlon Training 101
 - Women's Nutrition versus Men's Nutrition
 - Special Speaker
- November 13th 7:00 pm
 - Winter Specific Training
- December 11th 8:30 am
 - Mind over Matter – “Getting over your Mountain so you can get over the Mountain”
- January 8th 8:30 am
 - Injury Prevention
- February 12th 8:30 am
 - Food On The Go – Event Nutrition
- March 13th
 - No Lecture – Full Distance Trainings
- April 9th 7:00 pm
 - Open Water Technique & Transitions
 - TEC Wrap-Up