



Training Session Schedule

Visit ironstride.com for more info

TIME	SESSION	LOCATION
MONDAY		
No scheduled training.		
TUESDAY		
6:00 – 7:00 am	Group Swim	Artillery Park Pool
5:30 – 6:45 pm	Group Bike	Focus Personal Fitness
6:45 – 7:30 pm	Yoga	Focus Personal Fitness
WEDNESDAY		
5:15 – 6:30 pm	Group Run	Focus Personal Fitness
6:45 – 7:30 pm	Iron Strength	Focus Personal Fitness
THURSDAY		
6:00 – 7:00 am	Group Swim	Artillery Park Pool
5:30 – 6:45 pm	Group Bike	Focus Personal Fitness
FRIDAY		
No scheduled training.		
SATURDAY		
8:15 – 9:15 am	Iron Strength	Focus Personal Fitness
9:30 – 10:30 am	Group Bike	Focus Personal Fitness
5:00 – 6:00 pm	Group Swim	Artillery Park Pool
SUNDAY		
7:00 – 8:00 am	Group Swim	Artillery Park Pool
8:30 – 9:45 am	Group Run	Focus Personal Fitness

Membership & Training Session Info

IRONSTRIDE MEMBERSHIP

Membership is necessary for all IronStride activities.

You require an IronStride membership, which is a Triathlon Ontario Membership. This covers our insurance and safety.

Please register on the IronStride website under "Membership".

Once you become a member you will get access to the club calendar page with workout details and ride routes. You will receive an invite from Hope to the ridewithgps.com club page. Make sure you log onto this for updates and route information.

Swim workshops, Iron Yoga and Iron Strength require additional fees and sign up. All fees are to be paid through Hope at Focus Fitness. You can contact Hope at hope@focuspersonalfitness.com or 613-544-7999.

IRON STRENGTH & IRON YOGA

The most important aspect of this training is how it balances out the swim, bike, and runs.

SWIMMING SESSIONS

IronStride swim training focuses on success in triathlon with training sessions geared for triathletes. Includes the opportunity for technical instruction on select Saturday sessions. Limited to 20 athletes. Contact Hope for more information and to verify if space is available.

RUN SESSIONS

Free for all IronStride members.

CYCLING SESSIONS (INDOOR & OUTDOOR TRAINING)

Indoor and outdoor bike training sessions will be designed and written by Randy as you continue to work on your weakness. Space is limited so please reserve your spot.

FOCUS PERSONAL FITNESS STUDIO

The Woolen Mill
4 Cataragui Street, Kingston
West Wing Basement

ARTILLERY PARK POOL

76 Ordnance Street, Kingston