



2023 Bootcamp Swim Orientation at Ontario Place

A 13-WEEK BOOTCAMP TO HELP FIRST-TIME TRIATHLETES WITH EVERYTHING THEY NEED TO TACKLE THE TORONTO TRIATHLON FESTIVAL

- + **13-week structured training program** delivered via TrainingPeaks.
- + **In-person group training sessions*** pool & open-water swimming, cycling, running, transitions (see tentative calendar below).
- + **Virtual education seminars** training, equipment, race-day rules, race-day nutrition, and pacing strategy.
- + **Online community** to ask questions and get to know other athletes.

* New in 2024 is a virtual-only bootcamp for those who can't make the in-person group training sessions.

April

- + Structured program starts April 15th
- + Group Run (April 20th)
- + Pool Swim Session* (April 28th)

May

- + Group Run (May 4th)
- + Pool Swim Session (May 5th)
- + Pool Swim Session (May 12th)
- + Group Run (May 18th)
- + Pool Swim Session (May 19th)

June

- + Group Run (June 1st)
- + Group Bike Session (June 2nd)
- + Group Run (June 15th)
- + Group Bike Session (June 16th)
- + Open Water Swim (June 23rd)
- + Group Run (June 29th)

July

- + Open Water Swim (July 1st)
- + Open Water Swim (July 7th)
- + Race Orientation Session (July 13th)
- + Race! (July 14th)

Pool swim sessions will take place at the Toronto Athletic Club
Group runs will start from different locations within Toronto
Group bike session will start in High Park
Open water swims will take place at Cherry Beach

Testimonial



The bootcamp was great. The training plan seemed well thought-out. Training Peaks was a good easy-to-navigate platform for us to use, and I appreciated the workout descriptions that helped us understand why we were doing what we were doing. The in-person and online sessions were informative and helpful, and I especially loved the strength-training routine, which I'm going to carry into my regular life: I've never gone as long without some sort of running-induced complaint. Coach Bryan fostered a great sense of community and was always there to answer questions and give advice. And considering it was a big group with different strengths and weaknesses across the three sports, I think he did a great job of making sessions useful for everyone.



Pricing

You have some options depending on how you'd like to approach it. The earlier you register for the TTF, the better the pricing (go to [Race Roster](#) for details)!

- + Register for the TTF and the in-person or virtual bootcamp on Race Roster to get a 10% discount.
- + Register for the bootcamp now and register for the TTF later. This option is good for building confidence through the bootcamp before registering for the race.

Email bryan@ruscheracing.com directly to sign-up for just the bootcamp.

	Bootcamp only	TTF + Bootcamp
In-person	\$165.00	TTF Entry + \$148.50
Virtual	\$75.00	TTF Entry + \$67.50

Do I have to be a first-time triathlete?

Nope! Last year, we had several 2nd and 3rd timers and some experienced athletes coming over from a single sport (swim, bike, run). The goal is to go over all the fundamentals to provide a solid foundation for tackling the TTF and to build confidence in your fitness, skills (especially the open water swim), and knowledge ahead of the event. You may also be an intermediate triathlete interested in trying the draft legal event and want some work on group riding, drafting and rules.

How well do I need to swim to be able to participate?

We put a lot of focus on getting people comfortable with the swim, but this isn't a learn-to-swim course. You do not have to be able to swim continuous freestyle, but you should be able to complete 100-200 meters of swimming without stopping.

What kind of bike do I need?

Any bike you're legally allowed to use in the race will work! That can be a mountain bike or hybrid bike, a road bike, or a triathlon bike. You'll need a road bike if you're interested in the draft legal event.

Any other questions about the bootcamp, you can email me at: bryan@ruscheracing.com