

## Noosa Triathlon Camp Schedule

TIME	ACTIVITY	LOCATION
<b>Friday 19<sup>th</sup> August</b>		
5:15 am – 7:00 am	Cycle – strength session	JC Slaughter Falls Carpark Mt Coot-tha Brisbane
1:00 pm – 2:00 pm	Ocean swim	Noosa Main Beach
2:00 pm – 9:00 pm	Arrival at Macquarie Lodge	53 Banksia Ave North Noosa Heads
4:45 pm – 6:00 pm	Aerobic run 45-60 mins	Macquarie Lodge
6:30 PM	Dinner	Macquarie Lodge
<b>Saturday 20<sup>th</sup> August</b>		
6:00 am for 6:15 am start @ Noosa Heads	Swim/Cycle Swim – open water skills Cycle – 2-hour group ride	Noosa Main Beach
11:00 – 12:00 PM	Transitions – skills session	Lions Park
12:30 PM	Lunch	Macquarie Lodge
4:30 – 6:00 PM	Two options – run over Noosa Tri course or run through National Park 60-90 mins	Macquarie Lodge
6:30 PM	Dinner	Macquarie Lodge
<b>Sunday 9<sup>th</sup> August</b>		
5:00 – 9:00 AM	Cycle –group ride in up to 3 groups. 2-4 hours depending on group.	Macquarie Lodge
9:00 – 10:00 AM	Checkout	
10:30 – 11:30 AM	Swim – recovery	Noosa Aquatic Centre