

## Training Camp Schedule

TIME	SESSION	LOCATION
<b>Friday 21<sup>st</sup> April (optional night)</b>		
4:45 – 5:45 PM	RUN – 30-60 minutes	The French Quarter
6:30 PM	DINNER @ Noosa SLSC	Noosa SLSC
<b>Saturday 22<sup>nd</sup> April</b>		
6:00 AM	CYCLE – start time for Friday night attendees	The Noosa Apartments
7:00 AM	CYCLE – 3-4 hour group ride	The Noosa Apartments
1:00 – 4:00 PM	Individual race nutrition assessments (20 minutes)	The French Quarter The Noosa Apartments
4:00 – 5:30 PM	RUN – 90 minutes Includes sweat testing	The French Quarter
6:15 PM	BBQ DINNER (provided)	The French Quarter
<b>Sunday 23<sup>rd</sup> April</b>		
5:30 – 11:00 AM	CYCLE/RUN – 4-5 hour ride with 30 minute run off bike	The Noosa Apartments
4:30 – 5:30 PM	SWIM – recovery swim	Noosa Aquatic Centre
6:15 PM	BBQ DINNER (provided)	The French Quarter
<b>Monday 24<sup>th</sup> April</b>		
6:00 – 7:15 AM	SWIM – ocean swim	Noosa SLSC
7:30 - 10:30 AM	CYCLE – 2-3 hour group ride	Noosa SLSC
12:00 – 1:00 PM	LUNCH (provided)	The French Quarter
1:00 – 4:00 PM	Individual race nutrition assessments (20 minutes)	The French Quarter The Noosa Apartments
4:30 – 5:30 PM	RUN – 45-60 minutes	The Noosa Apartments
6:30 PM	DINNER	Noosa SLSC
<b>Tuesday 25<sup>th</sup> April</b>		
5:00 - 9:00 AM	CYCLE – 3-4 hours ride with intervals	The Noosa Apartments
10:00 AM	Checkout	

### Notes:

- The above schedule is for Ironman athletes. For those racing the 70.3 the schedule will be altered depending on the individual athlete ie. past training history and experience.
- Group rides will be split into 3 coached groups depending on ability level.