

Training Camp Schedule

TIME	SESSION	LOCATION
Friday 11th August		
5:15 am – 6:45 am	CYCLE – strength session	JC Slaughter Falls Carpark Mt Coot-tha Brisbane
1:00 pm – 2:00 pm	SWIM – ocean	Noosa SLSC Main Beach
2:00 pm – 9:00 pm	Arrival at Sun Lagoon Resort	Sun Lagoon Resort 2 Quamby Place Noosa Heads
4:45 pm – 6:00 pm	RUN – aerobic run 30-75 minutes depending on individual and event.	Sun Lagoon Resort
6:30 PM	Dinner	Sun Lagoon Resort
Saturday 12th August		
6:00 am – 9:00 am	SWIM/CYCLE – Noosa Triathlon participants. Ocean skills followed by 90 minute group ride.	Noosa SLSC
5:30 am – 8:30 am	CYCLE – Sunshine Coast 70.3 participants for 3 hour ride.	Sun Lagoon Resort
11:00 am – 12:00 pm	TRANSITIONS – Noosa Triathlon participants transition skills	
11:00 am – 12:00 pm	SWIM – ocean swim for Sunshine Coast 70.3 participants	Noosa Woods Beach end
12:30 pm	Lunch	Sun Lagoon Resort
4:00 – 5:45 pm	RUN – 60 minutes – 1:45 depending on individual and event. Noosa Triathlon participants to run over course. Sunshine Coast 70.3 through National Park trails.	Sun Lagoon Resort
6:30 pm	Dinner	Local Restaurant
Sunday 13th August		
5:00 (start time varies per group) – 9:00 am	CYCLE – group ride with intervals. 2-4 hours depending on group	Sun Lagoon Resort.
10:00 am	Checkout	
11:00 am	SWIM – recovery	Noosa Aquatic Centre