

## Training Camp Schedule

TIME	SESSION	LOCATION
<b>Friday 10<sup>th</sup> August</b>		
5:15 am – 6:45 am	CYCLE – strength session	JC Slaughter Falls Carpark Mt Coot-tha Brisbane
1:00 pm – 2:00 pm	SWIM – pool	Noosa Aquatic Centre 6 Girraween Court Sunshine Beach
2:00 pm – 9:00 pm	Arrival at Noosa Hill Resort	Noosa Hill Resort 26 Noosa Drive Noosa Heads
4:45 pm – 6:00 pm	RUN – aerobic run 30-75 minutes depending on individual and event.	Noosa Hill Resort 6 Girraween C
6:30 PM	Dinner	Noosa Hill Resort
<b>Saturday 11<sup>th</sup> August</b>		
6:00 am – 9:00 am	SWIM/RUN – Ocean swim and trail run brick session. The length of the session is dependent on athlete and event training for.	Noosa SLSC
11:00 am – 12:00 pm	TRANSITIONS – Noosa Triathlon participants transition skills	Lions Park Noosa Heads
12:30 pm	Lunch	Noosa Hill Resort
4:00 – 5:30 pm	CYCLE – 90 minutes recovery ride.	Noosa Hill Resort
6:30 pm	Dinner	Local Restaurant
<b>Sunday 12<sup>th</sup> August</b>		
5:00 (start time varies per group) – 9:00 am	CYCLE/RUN – individually paced ride and run brick session. Start time dependent on individual training requirements.	Noosa Hill Resort
10:00 am	Checkout	
11:00 am	SWIM – recovery	Noosa Aquatic Centre