

## Training Camp Schedule - TBC

TIME	SESSION	LOCATION
<b>Friday 25<sup>th</sup> January</b>		
5:00 AM	CYCLE – start of camp in Brisbane	Mt Coot-tha
1:00 – 2:00 PM	SWIM – pool swim	Noosa Aquatic Centre
5:00 – 6:00 PM	RUN – aerobic river run	Noosa Tropicana, 140 Noosa Parade
6:45 PM	Dinner – optional	The Reef Hotel
<b>Saturday 26<sup>th</sup> January</b>		
5:00 – 11:00 AM	CYCLE/RUN – 4-5 hour ride with 30 minute run off bike	Noosa Tropicana 140 Noosa Parade Noosaville
12:30 – 2:30pm	SEMINARS and LUNCH (provided)	Noosa Leisure Centre 9 Wallace Drive Noosaville
4:00 – 5:00pm	SWIM – recovery ocean swim	Noosa SLSC
6:30 PM	Dinner – optional	The Boathouse, Noosaville
<b>Sunday 27<sup>th</sup> January</b>		
5:30 – 9:00 AM	SWIM and RUN Ocean swim followed by 2 hour trail run	Noosa SLSC
10:00 – 12:00 PM	SEMINARS and MORNING TEA (provided)	Noosa Leisure Centre 9 Wallace Drive Noosaville
4:00 – 5:30 PM	CYCLE – 90 minutes recovery	Noosa Tropicana
6:30 PM	Dinner – optional	Noosa SLSC
<b>Monday 28<sup>th</sup> January</b>		
5:00 - 9:00 AM	CYCLE – 3-4 hours ride with intervals	The Noosa Apartments
11:00 – 12:00 PM	SWIM – pool swim	Noosa Aquatic Centre
12:30-1:30 PM	LUNCH and CLOSING – provided	Zachary's Pizza Noosaville

### 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.