

## Itinerary

Thursday, 14<sup>th</sup> September

2:00 pm onwards: Arrival

7:30 pm Welcome dinner

Friday, 15<sup>th</sup> September

5:00 am: Meet at Security gate for bike ride and ride briefing (gear changing, cadence, cycling up and down hills, hand signals)

5:30 am: Short bike ride

7:00 am: Breakfast

8:00 – 9:00 am: Open water technique.

9:30 – 10:30 am: Classroom session (how to plan your training and race season)

10:30 – 10:45 am quick break

10:45 – 12:00 pm: Classroom session (the basics to nutrition and race gear)

12:00 pm – 4:00 pm: At leisure

4:30 – 5:00 pm: Meet near tennis courts for effortless transition training.

5:00 pm – 5:30 pm: Run form session

5:30 pm – 6:00 pm: Short run.

Saturday, 16<sup>th</sup> September

### **Mock Triathlon (400m swim/12 km bike/2.5 km run)**

6:00 am: Meet at transition to set up transition

6:20 am: Briefing

6:30 am: Start

7:30 am: Finish

8:00 am Breakfast

9:00 am – 10:00 am Classroom session for de-brief

10:00 am prepare to depart from hotel.