

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WK 1	26 th FEB	27 th	28 th	29 th	1 st MARCH	2 nd	3 rd
	Meet & Greet 6am Hervey Bay Aquatic Centre Boundary Rd, Torquay Tri Club Shed	Intro to Biking 5.30-6.30am Astro- Access from John Duigan Drive <i>Coach Brian Harrington & David Trevorrow</i>	Intro to Running 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coach Kirsty Sheehan</i>	Intro to Swim 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay <i>Coach Caleb Ryan</i>	Rest & Recovery	Intro to Open Water Swimming 3pm Hervey Bay SLSC <i>Coach Kirra Seidel</i>	Rest & Recovery
WK 2	4 th MARCH	5 th	6 th	7 th	8 th	9 th	10 th
	Seminar: Intro to Triathlon Nutrition 6-7pm Hervey Bay Aquatic Centre Boundary Rd, Torquay Tri Club Shed	Bike skills & Fitness 5.30-6.30am Astro- Access from John Duigan Drive <i>Coach Brian Harrington & David Trevorrow</i>	Running Skills & Fitness 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coach Kirsty Sheehan</i>	Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay <i>Coach Caleb Ryan</i>	Rest & Recovery	Rest & Recovery	Rest & Recovery
WK 3	11 th MARCH	12 th	13 th	14 th	15 th	16 th	17 th
	Seminar: Bike Maintenance 6-7pm Giant Hervey Bay, 1B/101 Beach Rd, Pialba	Bike skills & Fitness 5.30-6.30am Astro- Access from John Duigan Drive <i>Coach David Trevorrow & Kirsty Sheehan</i>	Running Skills & Fitness 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coach Kirsty Sheehan</i>	Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay <i>Coach Caleb Ryan</i>	Transition skills 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coach Kirsty Sheehan</i>	Open Water Swimming Skills 3pm Hervey Bay SLSC <i>Coach Kirra Seidel</i>	Rest & Recovery
WK 4	18 th MARCH	19 th	20 th	21 st	22 nd	23 rd	24 th
	Rest & Recovery	Bike skills & Fitness 5.30-6.30am Astro- Access from John Duigan Drive	Running Skills & Fitness 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade)	Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay	Rest & Recovery	Open Water Swimming Skills & Race Prep 3pm Hervey Bay SLSC <i>Coach Kirra Seidel</i>	Rest & Recovery

		<p>Coach Brian Harrington & David Trevorrow</p> <p>Seminar: Intro to Strength for Triathlon 6-7pm Hervey Bay Aquatic Centre Boundary Rd, Torquay Tri Club Shed</p>	<p>Coach Karly Goss & Kirsty Sheehan</p>	<p>Coach Caleb Ryan</p>			
WK 5	25 th MARCH	26 th	27 th	28 th	29 th	30 th	31 st
	<p>Seminar: Triathlon Rules & Race Know How 6-7pm Hervey Bay Aquatic Centre Boundary Rd, Torquay Tri Club Shed</p>	<p>Bike skills & Fitness 5.30-6.30am Astro- Access from John Duigan Drive</p> <p>Coach Brian Harrington & David Trevorrow</p>	<p>Running Skills & Fitness 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade)</p> <p>Coach Karly Goss & Kirsty Sheehan</p>	<p>Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay</p> <p>Coach Caleb Ryan</p>	Rest & Recovery	Rest & Recovery	Rest & Recovery
WK 6	1 st APRIL	2 nd	3 rd	4 th	5 th	6 th	7 th
	Rest & Recovery	<p>Bike skills & Fitness & Race Prep Astro- Access from John Duigan Drive</p> <p>Coach Brian Harrington & David Trevorrow</p>	<p>Running Skills & Fitness & Race Prep 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade)</p> <p>Coach Karly Goss & Kirsty Sheehan</p>	<p>Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay</p> <p>Coach Caleb Ryan</p>	<p>Transition skills 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade)</p> <p>Coaches Brian Harrington & Kirsty Sheehan</p>	Rest & Recovery	<p>Graduation Race: HBTC Race 4</p>