



ADULT COACHED SESSIONS (10 weeks)

28th January - 5th April 2019

	TIME	LOCATION	SESSION	WHAT'S INVOLVED	EQUIPMENT REQUIRED
MONDAY	5:30am - 7:00am	Hervey Bay Aquatic Centre	 SWIM Endurance	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, run shoes, towel, water bottle
TUESDAY	4:00pm - 5:00pm	Meet @ Aldi Carpark Pialba	 RUN Strength	Aerobic and drills to start and then hill/strength intervals.	Running gear, water bottle
WEDNESDAY	5.30am - 6.30am	Ron Beaton Park Torquay	 SWIM Open water	Beach session working on specific OWS skills such as sighting, in's and outs.	Swimmers or Tri suit, goggles - spare goggles, towel, water bottle
THURSDAY AM	5.00am - 6:30am	Enzo's carpark	 BIKE AEROBIC Skills and speed	Aerobic and then specific group riding and race specific efforts.	Bike, clip in shoes, water bottle, helmet, spare tubes and repair kit
THURSDAY PM	5:15pm - 6:15pm	St James School Oval	 RUN Track Intervals	Run technique drills and specific track intervals.	Run gear, water bottle
FRIDAY	12:00pm - 1:00pm	Hervey Bay Aquatic Centre	 SWIM Technique	Freestyle technique focus.	Swimmers, goggles, water bottle, towel

Term lock in price: Bmee Members \$10
 Non members \$12
 Training Peaks Program participants \$8

Casual session: Bmee Members \$12
 Non members \$14