

1st Term (10 weeks)

28th January - 5th April 2019



FUN and FITNESS SQUAD (AGES 7 – 17)

| | TIME | LOCATION | SESSION | WHAT'S INVOLVED | EQUIPMENT REQUIRED |
|----------|-----------------|----------------------------------|---|---|---|
| MONDAY | 4:00pm - 5:00pm | Ron Beaton Park Torquay |   SWIM/RUN Aquathlon | Open water/beach run skills and games. | Swimmers, goggles, run shoes, towel, water bottle |
| THURSDAY | 4:00pm - 5:00pm | St James School Campus, Urraween |  BIKE Tri Transition skills | Triathlon specific games relating to mounting, dismounting and transitions. | Bike, helmet, run shoes, water bottle |



DEVELOPMENT SQUAD (AGES 7 – 17)

| | MONDAY PM | TUESDAY PM | WEDNESDAY PM | THURSDAY AM | THURSDAY PM |
|--------------------|---|---|---|---|---|
| TIME | 4:00pm - 5:00pm | 4:00pm - 5:00pm | 3:40pm - 5:00pm | 5:30am - 6:30am | 4:00pm - 5.00pm |
| LOCATION | Ron Beaton Park Torquay | Aldi Carpark Pialba | Hervey Bay Aquatic Centre | Airport Industrial Estate | St James School Campus |
| SESSION |   SWIM/RUN Aquathlon |  RUN Strength |  SWIM Core and Strength |  BIKE Road Skills |  BIKE Tri Transition skills |
| WHAT'S INVOLVED | Pool session with a focus on building swim endurance and strength. | Aerobic and drills to start and then hill/strength intervals. | Body weight exercises. (3:40pm - 4:00pm). Freestyle drills and technique. | Effectively changing gears, riding in a pack, hand signals, road awareness. | Triathlon specific games relating to mounting, dismounting and transitions. |
| EQUIPMENT REQUIRED | Swimmers, goggles, water bottle, towel | Running gear, water bottle | Swimmers, goggles, towel, water bottle | Must have a Road/Tri bike for this session, helmet, water bottle | Bike, helmet, run shoes, water bottle. |



PERFORMANCE SQUAD (Ages 10 – 17)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|--|--|--|---|--|
| MORNING AM | 5:30am - 7:00am | 5:00am - 6:30am | 5:00am - 6:30am | 5:00am - 6:30am | 5:30am - 7:00am |
| LOCATION | Hervey Bay Aquatic Centre | Pier St Carpark Urangan | Ron Beaton Park Torquay | Enzo's carpark | TBC week of the session. |
| SESSION |  SWIM Endurance |  BIKE Intervals |  SWIM Open water |  BIKE AEROBIC Skills and speed | Different focus session each week. |
| SPECIAL NOTE | 10 - 12 YRS FINISH 6.30am | 13 - 17 YRS ONLY | - | - | Performance only squad |
| WHAT'S INVOLVED | Pool session with a focus on building swim endurance and strength. | Cycling specific intervals and pack riding. | Beach session working on specific OWS skills such as sighting, ins and outs. | Aerobic and then specific group riding and race specific efforts. | Session will change weekly performance squad will be notified during the week. |
| EQUIPMENT REQUIRED | Swimmers, goggles, water bottle, towel | Bike, clip in shoes, water bottle, helmet, spare tubes and repair kit | Swimmers or Tri suit, goggles - spare goggles, towel, water bottle | Bike, clip in shoes, water bottle, helmet, spare tubes and repair kit | TBC week of the session. |
| AFTERNOON PM | 4:00pm - 5:00pm | 4:00pm - 5:00pm | 3:40pm - 5:00pm | 5:15pm - 6:15pm | |
| LOCATION | Ron Beaton Park Torquay | Aldi Carpark Pialba | Hervey Bay Aquatic Centre | St James School Oval | |
| SESSION |   SWIM/RUN Aquathlon |  RUN Strength |  SWIM Technique |  RUN Track Intervals | |
| WHAT'S INVOLVED | Open Water Aquathlon specific skill development. | Aerobic and drills to start and then hill/strength intervals. | Core strength, activation exercises then Freestyle technique specific correction and drills. | Run technique drills and specific track intervals. | |
| EQUIPMENT REQUIRED | Tri Suit, goggles, swim cap, shoes with quick ties, towel, water bottle. | Running gear, water bottle | Swimmers, towel, goggles, water bottle, foam roller | Run gear, water bottle | |



BEGINNERS TRIATHLON PROGRAM (10 Weeks) starting 30th January 2019
Wednesdays 5:30pm - 6:30pm

| | SESSION | LOCATION | WHAT'S INVOLVED | EQUIPMENT REQUIRED |
|---|--|---|---|---|
| WEEK 1 | Introduction and Triathlon swim technique | Hervey Bay Aquatic Centre | Session will focus on what we will be going over in the 10 weeks, Triathlon Intro and then Swim Technique. | Swimmers, Goggles, water bottle, towel (notebook if you feel like taking notes) |
| WEEK 2 | Bike skills, and triathlon transition skills and rules | St James School Oval | This will go over Triathlon bike skills in a safe environment, turning, mounting dismounting and transition practice. | Bike, helmet, shoes, water bottle, towel |
| WEEK 3 | Open water Triathlon swimming | Ron Beaton Park Torquay | Swimming efficiently and comfortably in the open water and transitioning from swim to run out of the water | Swimmers or Tri suit, goggles - spare goggles, towel, water bottle |
| WEEK 4  | MINI TRI (Brick of Swim - Bike - Run) | Ron Beaton Park Torquay | This session will be a sequence of mini Tri's focusing on getting comfortable from swim to bike and bike to run. | Bike, shoes, water bottle, helmet, Swim gear/tri suit or what you will wear in a triathlon. |
| WEEK 5 | Run session | St James School Oval | Run technique drills and how to run efficiently in a Triathlon. | Run gear, water bottle |
| WEEK 6 | Bike skills, and Triathlon Transition | St James School Oval | Taking our transition session from week 2 a little further and working on transitions under pressure. | Bike, helmet, shoes, water bottle, towel |
| WEEK 7 | Aerobic Run/ Triathlon Nutrition | Bmee Allied Health Office Madsen Medical | Starting with an aerobic run we finish the last half of the session with a discussion and slideshow on Nutrition in Triathlon. What to do and what not to do! | Run gear, towel, drink bottle, something to take notes with. |
| WEEK 8  | MINI TRI 2 (Brick of Swim - Bike - Run) | Ron Beaton Park Torquay | This session take our brick work a little further than we did in week 4 | Bike, shoes, water bottle, helmet, Swim gear/tri suit or what you will wear in a triathlon. |
| WEEK 9 | Freestyle Swim Technique and analysis | Hervey Bay Aquatic Centre | Go in depth into the Freestyle stroke. Analysing and videoing each individual technique with drills to correct and improve | Swim gear, water bottle, towel |
| WEEK 10 | Open Water Triathlon Swimming and Bay Break questions and answers | Ron Beaton Park Torquay | A little open water swim session with some efforts in and out of the water then a discussion about Bay break on the weekend. | Swimmers/Tri suit, goggles/spare goggles, towel, drinkbottle |

What's Involved: 10 x Coached sessions to successfully complete your first Triathlon @ **BayBreak Multisport Festival**
COST: \$120 (Maximum of 15 participants)
FREE: A Eight week Triathlon Australia membership which covers insurance for the duration of the program - **Valued at \$20**