

<p>2</p>	<p>3</p>	<p>Jan, 4</p> <p>↔ ⊕</p>	<p>5</p>	<p>6</p>	<p>7</p> <ul style="list-style-type: none"> ☆ Other - Notes ATHLETES ARRIVE (5:30 PM) 🏊 Swim Lanes (9 to 11) - Relaxed / Recovery 1... 1500 m 1:00:00 hr ☆ Social Event Tables booked at Pool bar 	<p>8</p> <ul style="list-style-type: none"> (8:00 AM) 🏃 Run 3 to 8km relaxed Aerobic 6 km (10:30 AM) 🚲 Bike Set up and Sort (11:00 AM) 🚲 Bike Relaxed aerobic - 30 to 50km 40 km (5:30 PM) 🏊 Swim Lanes (9 to 11) 1:15:00 hr
<p>9</p> <ul style="list-style-type: none"> (9:30 AM) 🚲 Bike Relaxed aerobic - 40 to 60km 60 km (2:30 PM) 🏊 Swim Lanes (9 to 11) 1:00:00 hr 🛡️ Recovery/Rehab Stretch and relax session with Toni (5:00 PM) 🏃 Run Track session (7:00 PM) ☆ Social Event Sundowners Drinks 	<p>10</p> <ul style="list-style-type: none"> (9:30 AM) 🚲 Bike - Long Ride Long ride 100km 100 km 🏃 Run Optional Off bike - 3 to 5km 3 km (5:30 PM) 🏊 Swim - Recovery Swim Lanes (9 to 11) Optional swim 2000 m 1:00:00 hr 	<p>11</p> <ul style="list-style-type: none"> (8:30 AM) 🏃 Run - Long Run 10 to 20km Aerobic 15 km (1:00 PM) 🏊 Swim lanes - (1 to 3) - 2km to 4km 3000 m (4:30 PM) 🛡️ Recovery/Rehab Stretch and relax session with Toni 30:00 min (6:00 PM) ☆ Social Event Sundowners Drinks 	<p>12</p> <ul style="list-style-type: none"> (9:00 AM) 🏊 Swim - Open Water 1.5km relaxed open water 1500 m 1:00:00 hr (12:00 PM) 🚲 Bike - Recovery Ride Relaxed coffee and cake ride 20 to 40... (5:00 PM) 🏃 Run Track session 	<p>13</p> <ul style="list-style-type: none"> (9:00 AM) 🚲 Bike - Long Ride 60 to 80km 70 km (5:00 PM) 🏊 Swim Lanes (9 to 11) 1:00:00 hr ☆ Social Event End of Camp Dinner 	<p>14</p> <ul style="list-style-type: none"> ☆ Other - Notes ATHLETES Depart 	<p>15</p>