



Women's Only Triathlon Camp with Tanja Allen

Provisional Programme

Thursday 21 st Jan	20:00	Welcome Meeting
Friday 22 nd Jan	09:00	Bike Talke & Ride, Approx 2hrs
	14:00	Swim Session
	16:00	Run Session, Approx 4 – 6km
	17:00	Mobility Session
	20:30	Welcome Meeting for late arrivals
Saturday 23 rd Jan	09:00	Bike Ride, Approx 2.5 – 3.5hrs
	15:00	Swim Session
	17:00	Mobility Session
Sunday 24 th Jan	09:00	Swim Session
	11:30	Bike Ride, Approx 2hrs
	16:00	Run Session
	17:00	Evening Talk
Monday 25 th Jan	08:00	Lagoon Open Water Swim
	10:00	Stretch & Core Session
	12:00	Bike Maintenance Talk
	PM	Swim Technique in Small Groups
Tuesday 26 th Jan	09:00	Long Bike Ride, Approx 3 – 6hrs
	17:00	Swim Session
Wednesday 27 th Jan	09:30	Mini Triathlon
	16:00	Mobility Session
	19:30	Group Dinner
Thursday 28 th Jan	08:30	Short Run Session, Approx 3 – 4km
	11:00	Swim Session