



# BALANCE & UTS TRI CLUB



## Balance & UTS Tri Club Members Training Timetable

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Run <sup>1</sup>	Cycle <sup>2</sup>	Run <sup>1</sup>	Cycle <sup>2</sup>		Keep an eye out for the weekly club email <sup>5</sup>	Keep an eye out for the weekly club email <sup>5</sup>
PM	Swim squad <sup>4</sup>		Wednesday swim squad is cancelled over Winter but will resume in Spring.	Run <sup>3</sup>		Keep an eye out for the weekly club email <sup>5</sup>	Keep an eye out for the weekly club email <sup>5</sup>

These sessions cater for all levels of triathlete. From the complete beginner to the very experienced - all are welcome to come along and train in a friendly, non-intimidating environment.

<sup>1</sup> 60 minute run session. Meet at Le Montage, Lilyfield 6am. Monday: interval training. Wednesday: hill/strength training. Contact Rob (Helmet): 0401 895 709. **FREE!**

<sup>2</sup> 60 min cycle session. Meet at the Queen Street entrance to Concord West train station at 545am. Bring money for optional breakfast/coffee after. Contact Dave (Shot'is): 0425 256 922 or Rob (Helmet): 0401 895 709. **FREE!**

<sup>3</sup> 60 minute run session. Meet at Le Montage, Lilyfield 630pm. This is a relaxed, non coached session, where club members meet for a run or a walk, sometimes with a meal afterwards! **FREE** (except the meal). Contact Dave (Shot'is): 0425 256 922 or Rob (Helmet): 0401 895 709

<sup>4</sup> 60 minute triathlon specific swim squad at Leichhardt Park Aquatic Centre starting at 7pm. \$120 for 10 squad sessions including pool entry. Contact Balance & UTS Head Swim Coach Lisa Boonzaier: 0413 713 022 or LPAC Head Coach Danae: 9555 8344 for more information.

<sup>5</sup> Weekend training options are advised by group email prior to the weekend. There will usually be a long ride, a long run and an open water swim. All sessions can be tailored to your needs. Contact Dave (Shot'is): 0425 256 922 or Rob (Helmet): 0401 895 709. **FREE!**