| | AM | | PM | |
|---|---|---|---|---|
| **Mon 19 Aug** | | | | **3.45pm – Bike** – *Girraween* ** Skills & Transitions* |
| | | | | **5pm – Swim** – *Tewantin Pool* |
| **Tues 20 Aug** | | **5.30am – Swim -** *Tewantin School Pool* | | **4pm** – **Run** – *Coolum High School* |
| **Wed 21 Aug** | | **5.30am – Ride -** *Group Zwift Ride* * content in training peaks<br><br>Program Athletes - Those not on Zwift you will find your bike session in Training Peaks. | | **4pm – Body Maintenance** (Rolling + Stretching) – *Tewantin Pool* |
| | | | | **4.45pm – Swim** – *Tewantin Pool* |
| **Thurs 22 Aug** | | **6am** – **Run** – *The Pelican on Gympie Terrace, Noosaville* | | **3.30, 4pm – Swim -** *Peregian Springs Rec Club* **Booking Essential for Rec Club Members Only* |
| **Fri 23 Aug** | | **5.30am – Swim -** *Tewantin School Pool* | | |
| **Sat 24 Aug** | | **6.45am – Run –** *Girraween Sport Complex* **track session* | | |
| | | **8.30am – Swim -** *Tewantin School Pool* | | |
| **Sun 25 Aug** | | **7am – Swim** – Noosa Main Beach Ocean Swim | | |
| | | **8am – Bike** – From Noosa Lions Park **bike lights required* | | |

**Bike Session**: Juniors and Beginners are required to do Monday bike/skills session before they join the Weekend rides on the road