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| <p>Mon 22 Apr</p> |  | <p>5.30am – Bike – Zwift with Jacque</p> |   | <p>3.30pm Run – Noosa National Park (meet Park Edge Rd Sunshine Beach)</p> <p>4.45pm Swim – Tewantin School Pool</p> |
| <p>Tues 23 Apr</p> |  | <p>5.30pm – Swim – Tewantin School Pool</p> |  | <p>4pm – Run – Coolum High *Meet CNR David Low & Havana East</p> |
| <p>Wed 24 Apr</p> |   | <p>5.30am – Bike – Zwift with Jacque</p> <p>5.30am – Bike – Eumarella Rd *lights required</p> |  | <p>4.30pm – Swim – Tewantin School Pool</p> |
| <p>Thurs 25 Apr</p> |   | <p>5.30am - Run – Coolum Beach</p> <p>6am - Run – Girraween Sports Complex</p> |  | <p>4.30pm – Run - USC Track *no spikes</p> |
| <p>Fri 26 Apr</p> |  | <p>5.45am –Swim – Noosa Main Beach – Surf Club</p> |  | <p>PM – Run – Brisbane</p> |
| <p>Sat 27 Apr</p> |  | <p>7.30am – Run – Mooloolaba Meet Foreshore Playground Lookout (playground with yellow netting)</p> | | |
| <p>Sun 28 Apr</p> |  | <p>Race – Bargara Triathlon</p> <p>Race – Gold Coast Running Festival</p> <p>Follow Program</p> | | |