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Tues 23 Jan		5.30pm – Swim – Tewantin School Pool		4pm – Run – Coolum High *Meet CNR David Low & Havana East
Wed 24 Jan	 	5.30am – Bike – Zwift with Jacque 5.30am – Bike – Eumarella Rd		4.30pm – Swim – Tewantin School Pool
Thurs 25 Jan	 	5.30am - Run – Coolum Beach 6am - Run – Girraween Sports Complex	 	4PM – Bike + Run - Brisbane
Fri 26 Jan		5.30am –Swim – Noosa Main Beach – Surf Club		
Sat 27 Jan		7.30am Run – USC Track	  	2pm – Aquathlon – Tewantin Pool *younger juniors 2pm - Swim – Tewantin Pool *adults & older Juniors
Sun 28 Jan	 	6am Ride – Peregrine Spring Rec Club *Juniors transition run off bike		