



# YARRA TRIATHLON

## SESSION TIMETABLE

EFFECTIVE FROM MONDAY 4 MARCH 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	<b>SWIM SQUAD</b>	<b>SWIM SQUAD</b>	<b>SWIM SQUAD</b>	<b>SWIM SQUAD</b>	<b>LONG RUN*</b>	
	Michael RICHMOND	Michael RICHMOND	Bruce RICHMOND	Michael RICHMOND	Michael RICHMOND	
	<b>SWIM SQUAD</b>		<b>SWIM SQUAD</b>	<b>ERGO</b>	<b>SWIM SQUAD</b>	
	Thom FITZROY		Sarah W FITZROY	Nathan RICHMOND	Thom FITZROY	
6:10 AM		<b>INTER SWIM</b>				
		Nick FITZROY				
8:30 AM						<b>SWIM SQUAD</b>
						Thom FITZROY
9:30 AM				<b>SWIM SQUAD</b>		
				Sarah W FITZROY		
6:00 PM	<b>RUN SQUAD*</b>	<b>ERGO</b>	<b>TRACK RUN*</b>		<b>SWIM SQUAD</b>	
	Michael RICHMOND	Michael COLLINGWOOD	Michael COLLINGWOOD TRACK		Michael RICHMOND	
6:30 PM	<b>SWIM SQUAD</b>	<b>INTER SWIM</b>	<b>SWIM SQUAD</b>	<b>INTER SWIM</b>		
	Nick FITZROY	Bruce FITZROY	Bruce FITZROY	Sarah J RICHMOND		

\*Sessions marked are exclusive to Yarra Triathlon membership holders only. All participants must complete the emergency contact form prior to attending.

TRAINING LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COLLINGWOOD		Collingwood Leisure Centre				Corner Turnbull and Hoddle St, Clifton Hill
COLLINGWOOD TRACK		George Knott Athletics Track				Heidelberg Rd, Clifton Hill
ELWOOD		Elwood Life Saving Club				11 Elwood Foreshore, Elwood
FITZROY		Fitzroy Swimming Pool				Alexandra Parade Fitzroy
YARRA BOULEVARD		Yarra Boulevard, Kew - Teardrop Criterium Track				
RICHMOND		Richmond Recreation Centre				Gleadell St, Richmond



# YARRA TRIATHLON

## SESSION DESCRIPTIONS

	SWIM SQUAD	INTER SWIM	OPEN WATER SWIM
SWIM	Swim squad is structured for all fitness levels and is aimed at helping swimmers develop all four strokes through individual feedback and progressive drills in a large group training environment.  Level: beginner to advanced.	Inter Swim is a smaller group environment, structured for all fitness levels and is aimed at helping swimmers develop all four strokes through individual feedback and progressive drills. Focus is on developing technique, endurance, speed and strength.  Level: beginner to advanced.	Open water swim squad develops the essential skills associated with open water swimming for triathlon and ocean swimming events.  Level: advanced.
DURATION	1.5 hours Max 48 participants per session Note: The Friday 6pm Swim Squad session will run for 1 hour.	1 hour Max 30 participants per session	1.5 hours Note: Open Water Swim runs from November to February
	BRICK	ERGO	ROAD CYCLE
CYCLE	Brick session simulates race conditions, providing participants the opportunity to improve both cycling and running. The session focuses on developing cycling and running speed, endurance and practicing transitions.  Level: beginner to advanced.	Ergo sessions are an indoor cycling session structured to enhance your speed, strength and endurance through specific cycling and triathlon intervals.  Level: beginner to advanced.	Road Cycle is an outdoor cycling session structured to enhance your speed, strength and endurance through specific cycling and triathlon intervals.  Level: intermediate to advanced.
DURATION	1.5 hours Max 32 participants per session	1.5 hours Max 32 participants per session	1.5 hours Max 16 participants per session
	RUN SQUAD	TRACK SQUAD	LONG RUN
RUN	Run Squad focuses on developing running strength and endurance using a range of different distances, speed and intervals around the Richmond area.  Level: beginner to advanced.	Track Run focuses on developing running technique, speed and endurance using different a range of different distances and intervals.  Level: beginner to advanced.	Long Run is an easy paced run that focuses on developing your aerobic base. The run will be in a group environment and provides support and encouragement to get you through the longest run of the week.  Level: intermediate to advanced.
DURATION	1 hour Max 16 participants per session	1 hour Max 24 participants per session	1.5 hours Max 16 participants per session