



TRI FIT FAMILIES SCHOOL HOLIDAY TRAINING CAMP

Limited numbers available – please register now at www.noosatriclub.com

16TH & 17TH December 2017 *Make 2017 the year you get fit - Tri Fit!*

7.30am Day 1 commences – meet at Noosa Aquatic Centre (NAC) – front entrance for a run clinic to assist run performance and improvement to become a more proficient runner.

Run related Q & A - At Sunshine Beach State School Oval opposite NAC

9am-10am Bike session at Girraween Criterium Circuit (at Soccer fields) / discuss and practice bike handling and set up, using wind trainers to demo technique and some basic bike maintenance and changing a flat tyre.

10.30am-11.30am Noosa Aquatic Centre Swim Session with swim stroke filming and demonstrations of stroke drills / pre swim stretches / warm up routines. View video of swim stroke with analysis and tips to improve after swim.

12.15 – 1pm Lunch provided

Nutrition Clinic NAC Sunset Room 1.00pm – 2.30pm Diet for an active lifestyle, training programs for performance, pre-training and post-training recovery foods and menus. Race day performance for juniors and adults and specific nutritional advice/needs. Led by leading Sports Nutritionist Dr Gary Slater.

6.00am Day 2 commences - Noosa Heads Lions Park for Noosa Tri Club event of Aquathon (swim / run event) and Xmas social get together.

Opportunity to meet and connect with existing Noosa Tri Club Athletes
8.30am Transition Skills at Lions Park - a triathlon transition skills session working on changing from swim to bike to run. Using official triathlon racks and demonstrations, touch on race rules, mount and dismounting bike, running with bike and general race day Q&A

We will finish off with a bike skill session in the park

10am-11am Noosa Main Beach Open water swim clinic, plus talk on race day tactics and general open water swim advice. Support craft/swimmers will be accompanying.

11.00am-11.45am Body maintenance Triathlon specific stretches and basic Core / strength back at Lions Park

12pm light lunch

1.15pm-2.15 Introduction Yoga for athletes – Noosa Yoga Centre, Sunshine Beach Road, Noosa Junction

Camp wrap up after Yoga



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