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Training Timetable- August

Tour de Challenge Month – see attached sheet

Monday	Tuesday	Wednesday	Thursday
<p>6am-7am Running - Track Work Meet UQ athletic track *Athletes please bring honesty box money \$3.00 each session just in case we use it. 16th – NO Running but a cycle instead for the tour de challenge event Coach Cath 6pm-7pm Swimming Meet Somerville pool Stephens Rd, South Brisbane Coach Cath</p>	<p>5.30am – 7am Cycle - Meet UQ athletic track. Coach Matt 10th- 45min cycle/45min run for the tour de challenge event 17th – Road Session for the tour de challenge event 31st – Cycle and run in the am sessio for the tour de challenge event 6pm-7pm Swimming Meet Somerville pool Stephens Rd, South Brisbane Coach Matt</p>	<p>6am-7am Run Session – Endurance Tempo Meet at Somerville House Pool, Stephens Rd, South Brisbane. 18th – Athletes can meet for a cycle for the tour de challenge event or run as per normal– all will head down to the corso for specific session given to them by the coach. 1st September – 5.45am start for the tour de challenge event (swim/cycle/run)</p>	<p>6am-7am ‘Power Hour’ Transition session Meet Somerville pool Swim/Windtrainer/Run Brick Session *Book a windtrainer with Cath if required Coach Cath 26th Swim in power hour – approx600m mass start 2nd September – Power Hour –mini triathlon event for the tour de challenge event 6pm-7pm Swimming Meet Somerville pool Stephens Rd, South Brisbane Coach Cath</p>
Friday	Saturday	Sunday	
<p>5.45am-7am-Recovery session Meet at the Good will Bridge President Mark McKay or club athlete Rob will marshal the ride. 20th – Tour de challenge event ride leaving at 5.45am sharp for riverloop</p>	<p>6.00am Start Bike – Run Options <i>*Ensure own lock up of equipment if riding to training</i></p>		
Saturday Venue		Sunday Venues	
<p>7th Somerville Pool Meet – Cycle to Mt Gravatt – Min run off bike 5km Loop 14th Somerville Pool Meet – Cycle to Mt Gravatt – Run according to the tour de challenge event 21st Chandler Pool Car park for cycle and run options. 28th Meet at Mt Gravatt for Run/cycle/Run Session. 11am Swim at Somerville House for the tour de challenge event (JETS / METRO TIME TRIAL DAY FOR UNDER 23’s) 4th September – 7am Somerville House Pool – Tour De Challenge Triathlon Event</p>		<p>1st TQ Duathlon Race at Gatton – Coach Advises athletes race 8th Brisbane Road Runners – West End Run of 5/10/15km options. Details on their website 15th Yeppoon Half Ironman. www.capricorn.com or the Tour de challenge at the Somerville Pool 7am for Riverloop or Wynnum loop (or both for some athletes) 22nd Somerville House Pool 11am for swim(wetsuit optional) race distance Time Trial 29th Somerville House Pool 8am for tour de challenge requirements 5th – Brisbane Road Runners or the Crocs Squad Duathlon Event.</p>	