



YARRA TRIATHLON

SESSION TIMETABLE

EFFECTIVE FROM MONDAY 30 OCTOBER 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	SWIM SQUAD	SWIM SQUAD	SWIM SQUAD	SWIM SQUAD	OPEN WATER SWIM*	
	Michael RICHMOND	Michael RICHMOND	Bruce RICHMOND	Michael RICHMOND	Michael ELWOOD	
	SWIM SQUAD		SWIM SQUAD	ERGO	SWIM SQUAD	
	Thom FITZROY		Sarah FITZROY	Nathan RICHMOND	Thom FITZROY	
6:30 AM		INTER SWIM				
		Poorna FITZROY				
8:30 AM						SWIM SQUAD
						Thom FITZROY
9:30 AM				SWIM SQUAD		
				Poorna FITZROY		
6:00 PM	RUN SQUAD*	ROAD CYCLE*	TRACK RUN*		SWIM SQUAD	
	Michael RICHMOND	Michael YARRA BOULEVARD	Michael COLLINGWOOD TRACK		Michael RICHMOND	
6:30 PM	SWIM SQUAD	INTER SWIM	SWIM SQUAD	INTER SWIM		
	Nick FITZROY	Bruce FITZROY	Bruce FITZROY	Sarah RICHMOND		

*Sessions marked are exclusive to Yarra Triathlon members only.

TRAINING LOCATIONS		
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



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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.	Inter Swim provides a smaller class training environment targeting swimmers, particularly those from a beginner to intermediate swim ability. The focus is to develop technique, endurance, speed and strength.	Open water swim squad develops the essential skills associated with open water swimming for triathlon and ocean swimming events.
DURATION	1.5 hours Note: The 9:30AM, 6PM and 6:30PM sessions will run for 1 hour.	1 hour	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.	Ergo sessions are an indoor cycling session structured to enhance your speed, strength and endurance through specific cycling and triathlon intervals.	Road Cycle is an outdoor cycling session structured to enhance your speed, strength and endurance through specific cycling and triathlon intervals.
DURATION	1.5 hours	1.5 hours	1.5 hours
	RUN SQUAD	TRACK SQUAD	LONG RUN
RUN	Run Squad focuses on developing running strength and endurance using different a range of different distances, tempos and intervals around the Richmond area.	Track Run focuses on developing running technique, speed and endurance using different a range of different distances and intervals.	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.
DURATION	1 hour	1 hour	1.5 hours