



# YARRA TRIATHLON

## SESSION TIMETABLE

EFFECTIVE FROM MONDAY 26 FEBRUARY 2018

|         | 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<br>RICHMOND | Michael<br>RICHMOND           | Bruce<br>RICHMOND   | Michael<br>RICHMOND | Michael<br>RICHMOND |                   |
|         | <b>SWIM SQUAD</b>   |                               | <b>SWIM SQUAD</b>   | <b>ERGO</b>         | <b>SWIM SQUAD</b>   |                   |
|         | Thom<br>FITZROY     |                               | Sarah W<br>FITZROY  | Nathan<br>RICHMOND  | Thom<br>FITZROY     |                   |
| 6:10 AM |                     | <b>INTER SWIM</b>             |                     |                     |                     |                   |
|         |                     | Poorna<br>FITZROY             |                     |                     |                     |                   |
| 8:30 AM |                     |                               |                     |                     |                     | <b>SWIM SQUAD</b> |
|         |                     |                               |                     |                     |                     | Thom<br>FITZROY   |
| 9:30 AM |                     |                               |                     | <b>SWIM SQUAD</b>   |                     |                   |
|         |                     |                               |                     | Poorna<br>FITZROY   |                     |                   |
| 6:00 PM | <b>RUN SQUAD*</b>   | <b>ROAD CYCLE*</b>            | <b>TRACK RUN*</b>   |                     | <b>SWIM SQUAD</b>   |                   |
|         | Michael<br>RICHMOND | Michael<br>YARRA<br>BOULEVARD | Michael<br>RICHMOND |                     | Michael<br>RICHMOND |                   |
| 6:30 PM | <b>SWIM SQUAD</b>   | <b>INTER SWIM</b>             | <b>SWIM SQUAD</b>   | <b>INTER SWIM</b>   |                     |                   |
|         | Nick<br>FITZROY     | Bruce<br>FITZROY              | Bruce<br>FITZROY    | Sarah J<br>RICHMOND |                     |                   |

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

| TRAINING LOCATIONS | COLLINGWOOD                                 | COLLINGWOOD TRACK            | ELWOOD                      | FITZROY                  | YARRA BOULEVARD                                 | RICHMOND                   |
|--------------------|---------------------------------------------|------------------------------|-----------------------------|--------------------------|-------------------------------------------------|----------------------------|
|                    | Collingwood Leisure Centre                  | George Knott Athletics Track | Elwood Life Saving Club     | Fitzroy Swimming Pool    | Yarra Boulevard, Kew - Teardrop Criterium Track | Richmond Recreation Centre |
|                    | Corner Turnbull and Hoddle St, Clifton Hill | Heidelberg Rd, Clifton Hill  | 11 Elwood Foreshore, Elwood | Alexandra Parade Fitzroy |                                                 | 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.<br><br>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.<br><br>Level: beginner to advanced. | Open water swim squad develops the essential skills associated with open water swimming for triathlon and ocean swimming events.<br><br>Level: advanced.                                                                                          |
| DURATION | 1.5 hours<br>Max 48 participants per session<br>Note: The Friday 6pm Swim Squad session will run for 1 hour.                                                                                                                                                | 1 hour<br>Max 30 participants per session                                                                                                                                                                                                                                                       | 1.5 hours<br>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.<br><br>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.<br><br>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.<br><br>Level: intermediate to advanced.                                                       |
| DURATION | 1.5 hours<br>Max 32 participants per session                                                                                                                                                                                                                | 1.5 hours<br>Max 32 participants per session                                                                                                                                                                                                                                                    | 1.5 hours<br>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.<br><br>Level: beginner to advanced.                                                                      | Track Run focuses on developing running technique, speed and endurance using different a range of different distances and intervals.<br><br>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.<br><br>Level: intermediate to advanced. |
| DURATION | 1 hour<br>Max 16 participants per session                                                                                                                                                                                                                   | 1 hour<br>Max 24 participants per session                                                                                                                                                                                                                                                       | 1.5 hours<br>Max 16 participants per session                                                                                                                                                                                                      |