

Goondiwindi Triathlon Club Inc. Weekly Training Program

- **MONDAY 6.00pm - Hash-Run** - 7km Pub to Pub run. Venue changes weekly
 - The Goondiwindi Hash House Harriers is co-ordinated by Peter Crothers who emails a map every Monday. Contact Pete to be included on list: PRC@insightcpa.com
 - A post run beverage is part of this event so please bring \$10 and run up a thirst.
- **TUESDAY 5.30am - Swim at Goondiwindi Town Pool.**
- **WEDNESDAY 6.00pm - Swim at Goondiwindi Town Pool**
- **THURSDAY 5.30am - Ride**
 - Meet at Town Park for 2 loop town ride.
 - Ride is structured to cater for level of riders
 - Session organised by Tri Club member
- **THURSDAY 5.30am - Swim at Goondiwindi Town Pool**
- **FRIDAY 5.30am - Run Group**
 - Meet at cricket nets – Rain, Hail or Shine
 - Interval run session including Warm up – 30mins hard intervals – Warm Down
 - Run session organised by Paul Amos
- **SATURDAY 5.30am - Ride**
 - Meet at Town Park 2-3hrs
 - Start time earlier in summer
 - Ride is targeted at training for HOTW but will organise or split to suit level of riders
 - Ride will finish at the Larder for coffee
- **SUNDAY 7.00am - Mini-Tri**
 - 7am bike racking/handicapping for 7:30 start at the Goondiwindi Town Pool
 - Kids Swim/Run or Tri afterwards
 - Breakfast at the Royal

Training locations and times will change through the year so check email, Facebook and Instagram for updates.

Don't forget Goondiwindi Park Run if not riding - 7am at Riddles Oval Skate Park

Remember: Please arrive at least 5 min before start time as groups won't wait.

All bikes need at least a rear light and we recommend light coloured and reflective clothing.

IMPORTANT - Every session except Monday HHH Run and Parkrun is a Tri Club training event and all senior members are covered under Club insurance. All regular participants in these sessions must be an adult member of Goondiwindi Triathlon Club.