



Goondiwindi Triathlon Club Inc. **2019/20 Weekly Training Program**

****Please check Face Book Page for updates and changes****

- **MONDAY 5.30am - Swim at Goondiwindi Town Pool.**
- **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 - Casual Town Loop Ride - meet at Town Park**
- **WEDNESDAY 5.00pm - Swim at Goondiwindi Town Pool**
- **THURSDAY 5.30am - Ride**
 - Meet at Town Park for 2 loop town ride.
 - Ride is structured to cater for all levels
 - Session organised by Tri Club member
- **FRIDAY 5.30am - Run Group organised by Paul Amos**
 - Meet at cricket nets - Rain, Hail or Shine
 - Interval run session including Warm up - 30mins hard intervals - Warm Down
- **SATURDAY 5.30am - Ride**
 - Meet at Riddles Oval for 2-3hrs - Option to be back in time for Parkrun at 7am
 - Start time earlier in summer - check FB for details
 - 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 Hotel afterwards

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 please wear light coloured and/or 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.