

## Melbourne Triathlon Training Camp 2 - 5 January 2020

### SCHEDULE

#### Thursday 2 January

- AM pool swim
- Q&A
- PM Turbo bike session

#### Friday 3 January

- AM Brick session - Ride (velodrome)/Run
- Q&A
- PM Run technique and track sets explained

#### Saturday 4 January

- AM pool swim
- Q&A
- PM Run

#### Sunday 5 January

- AM Open water swim
- Camp wrap up
- BBQ lunch

\*Sessions may change due to weather