



## **Goondiwindi Triathlon Club Inc.**

### **Weekly Training Program**

- **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](mailto:PRC@insightcpa.com)
  - A post run beverage is part of this event so please bring \$10 and run up a thirst.
- **TUESDAY 5.30am – Interval Ride with optional Run at Waterpark**
- **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 – Town Ride – meet at Town Park**
- **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
- **FRIDAY 5.00pm – River Swim at Boat Ramp – TBC – check Facebook for details**
- **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.