



## TRI CHICKS NOVICE TRIATHLETE TRAINING NIGHTS

Join in some FREE fun, non-competitive training with other novice women triathletes. This is all about learning new skills and gaining the confidence you need to complete the event (especially with the swim part!)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>16-Jan</u>	<u>17-Jan</u> Intro & open water swim & skills	<u>18-Jan</u>	<u>19-Jan</u>	<u>20-Jan</u>	<u>21-Jan</u>	<u>22-Jan</u>
<u>23-Jan</u>	<u>24-Jan</u> Open water swim & short run/walk	<u>25-Jan</u>	<u>26-Jan</u> Boot Camp with Beyond Fitness	<u>27-Jan</u>	<u>23-Jan</u>	<u>24-Jan</u>
<u>30-Jan</u> Anniversary Day	<u>31-Jan</u> Open water swim & short run/walk	<u>1-Feb</u>	<u>2-Feb</u>	<u>3-Feb</u>	<u>4-Feb</u>	<u>5-Feb</u>
<u>6-Feb</u> Waitangi Day	<u>7-Feb</u> Bike ride & run/walk x 2	<u>8-Feb</u>	<u>9-Feb</u> Boot Camp with Beyond Fitness	<u>10-Feb</u>	<u>11-Feb</u>	<u>12-Feb</u>
<u>13-Feb</u>	<u>14-Feb</u> Open water swim & run/walk the course	<u>15-Feb</u>	<u>16-Feb</u>	<u>17-Feb</u>	<u>18-Feb</u>	<u>19-Feb</u>
<u>20-Feb</u>	<u>21-Feb</u> Open water swim & short run/walk	<u>22-Feb</u>	<u>23-Feb</u> Boot Camp with Beyond Fitness	<u>24-Feb</u>	<u>25-Feb</u>	<u>26-Feb</u> <b>EVENT DAY!!!</b>

Please meet at 5.45pm for a 6pm start. All sessions run for approx. 45min to 1 hour.

### Session Locations:

17, 24 & 31 Jan, 14 & 21 Feb: Meet at the Salisbury Wharf end of Pilot Bay (on the grass by the large rock)

7 Feb: Meet at AvantiPlus Mt Maunganui, 37 Totara St (in the carpark)

26 Jan, 9 & 23 Feb: Meet at the Beyond Fitness Studio (168 Devonport Road, Tauranga)

### What to bring:

Bike sessions: comfortable clothing & shoes, bike, helmet, high vis top/jacket, water

Swim sessions: cap, goggles, swimwear or wetsuit or rash shirt, towel, water

Run/Walk/Boot Camp sessions: comfortable clothing & running shoes, sweat towel, water

### Physio Support:

Bureta Physio will be on hand at all Tuesday training sessions offering free injury assessments. They will also be happy to organise appointments for full assessment and treatments at the clinic at reduced ACC surcharge rate as required. Strapping will also be offered at a nominal fee. Aiding you to complete tri chicks training and race day injury free and love every second...well almost!



For more information, please contact Miranda Clark

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