

Noosa Tri Club Summer coaching Time table (February 2012)

	Swim	Bike	Run	Transitions	Yoga
Monday	NAC 5.30-7.00am (25m pool)				6-7pm Noosa Yoga centre (above Westpac)
Tuesday		Windtrainer Noosa Heads Lions Park 5.30-7.00am	Run Off Bike @ Windtrainer		
Wednesday	NAC 5.45-7.00pm				
Thursday		Bike Squad (Road) Alternating venue Eurmarella Road (19km time trial) – Feb 2, Feb 16, March 1 / Gyndier Drive (Hill Repeats) Feb 9, Feb 23	Read Park Tewantin (400m track) – cricket oval next to State School 5.45-7.00pm		
Friday	NAC 5.30-7.00am				
Saturday				Noosa Heads Lions Park 5.30am for 5.45am start Feb 18, March 3	
Sunday	Main Beach Noosa @ 4pm (Life Guard tower)				

Fees

Swim - NAC pool swims (after pool entry) \$8.00 / No fee open water swim

Bike - Tuesday Windtrainer \$7.00 / \$9.00 if windtrainer to be supplied / Thursday Road Group \$7.00

Run - \$5.00

Transitions - \$5.00

Yoga - \$15.00

Wet weather venue for bike days. Noosaville Lions Park at covered stage area. Text or call Coach Nick Croft if in doubt 0407 136 215