

Noosa Tri Club Summer coaching Time table (till 31 January 2012)

	Swim	Bike	Run	Transitions	Yoga
Monday	<p>2/1 (New Years holiday is 3.5k Ocean swim Noosa Main Beach to Tea Tree and back) Squad at NAC back to normal following Monday</p> <p>NAC 5.30-7.00am (25m pool)</p>				<p>6-7pm Noosa Yoga centre (above Westpac)</p>
Tuesday		<p>Windtrainer Noosa Heads Lions Park 5.30-7.00am</p>	<p>Run Off Bike @ Windtrainer</p>		
Wednesday	<p>NAC 5.45-7.00pm</p>				
Thursday		<p>Bike Squad (Road) Alternating venue Eurmarella Road – Jan 5, Jan 19, / Gyndier Drive Jan 12, Jan 26</p>	<p>Read Park Tewantin (400m track) – cricket oval next to State School 5.45-7.00pm</p>		
Friday	<p>NAC 5.30-7.00am</p>				
Saturday				<p>Noosa Heads Lions Park 5.30am for 5.45am start Jan 7, Jan 28</p>	
Sunday	<p>Main Beach Noosa @ 4pm (Life Guard tower)</p>				

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

