



high performance tri

Weekly Squad Sessions

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
AM	Sport	Bike session		Bike session	<i>day free, but can include</i>	Bike session	Run session
	Where	meet DY 5.15 am		meet DY 5.15 am	<i>recovery run/swim for</i>	around 5.30 am and location	around 7 am and location
	What?	<i>interval work dependent on ability and race program junior session also available</i>		<i>interval work dependent on ability and race program junior session also available</i>	<i>programmed athletes</i>	Facebook post each week <i>Long ride between 2 - 5 hrs dependent on ability and race program</i>	Facebook post each week <i>Long run between 1- 2 hrs dependent on ability and race program</i>
PM	Sport	Swim squad	Run session	Swim squad	Run session		Open water swim
	Where	Sydney Academy of Sport	Sydney Academy of Sport	Sydney Academy of Sport	Facebook post each week (usually 7 pm around Manly)		Manly SLSC
	What?	7.30 - 8.30 pm <i>suitable for all abilities, stroke correction where needed</i>	7 - 8 pm Adults Core work after run <i>interval work dependent on ability and race program</i>	7.30 - 8.30 pm <i>suitable for all abilities, stroke correction where needed</i>	Core work after run <i>Tempo run session suit all abilities</i>		3.30 pm <i>open water skills and drills easy pace recovery, suit everyone</i>

Notes Above is a list of the regular coached sessions for HPT athletes. Athletes can attend on a casual basis, purchase a package of sessions (10 session cards) or pay monthly for a tailored program. HPT also has separate junior squad training for ages 8 upwards, which includes running, swimming and bike sessions. Casual rates apply for individual sessions and monthly rates for programmed athletes.....please speak to one of the coaches for details.

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