

JANUARY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	<b>2</b> <b>GROUP ROAD RIDE</b> 5:00am – 6:15am Yeppoon Surf Life Saving Club	<b>3</b> <b>SWIM SQUAD</b> 6:00am – 7:00am Meet in front of Southside pool	<b>4</b> <b>BIKE/RUN BRICK SESSION</b> 5:00pm – 6:00pm Bring all gear (ride on road) Yeppoon Surf Life Saving Club	<b>5</b> <b>ADULT SWIM SQUAD</b> 5:00am – 6:00am Yeppoon Aquatic Centre	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> <b>GROUP RUN</b> 5:15am – 6:00am Farnborough Track	<b>10</b> <b>BIKE/RUN BRICK SESSION</b> 6:00pm – 7:00pm Bring ergos & running gear. Meet in front of Southside pool	<b>11</b>	<b>12</b> <b>OPEN WATER SWIM</b> 5:15am – 6:00am Yeppoon Surf Life Saving Club <b>5:15am in the water</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> <b>GROUP ROAD RIDE</b> 5:00am – 6:15am Yeppoon Surf Life Saving Club	<b>17</b> <b>SWIM SQUAD</b> 6:00am – 7:00am Meet in front of Southside pool	<b>18</b> <b>BIKE/RUN BRICK SESSION</b> 5:00pm – 6:00pm Bring all gear (ride on road) Yeppoon Surf Life Saving Club	<b>19</b> <b>ADULT SWIM SQUAD</b> 5:00am – 6:00am Yeppoon Aquatic Centre	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> <b>GROUP RUN</b> 5:15am – 6:00am Farnborough Track	<b>24</b> <b>BIKE/RUN BRICK SESSION</b> 6:00pm – 7:00pm Bring ergos & running gear. Meet in front of Southside pool	<b>25</b>	<b>26</b> <b>OPEN WATER SWIM</b> 5:15am – 6:00am Yeppoon Surf Life Saving Club <b>5:15am in the water</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> <b>GROUP ROAD RIDE</b> 5:00am – 6:15am Yeppoon Surf Life Saving Club	<b>31</b> <b>SWIM SQUAD</b> 6:00am – 7:00am Meet in front of Southside pool				

## IMPORTANT INFORMATION

YEPPOON LOCATIONS     ROCKHAMPTON LOCATIONS

### COST (All prices include GST)

**TCR PROGRAMMED ATHLETES:**  
\$0 (TCR athletes with a Training Peaks program for triathlon or any of the individual disciplines)

**CASUAL SESSIONS:**  
\$15 per person, includes 2 coaches, venue entry and hire and post session improvement tips

**PRE PAID 10 GROUP SESSION PACKS:**  
\$120

**OCEAN SWIMS:** No cost

### EQUIPMENT

**SWIM:**  
Fins, goggles, kick board

**BIKE/ERGO:**  
Bike, helmet, ergo/wind trainer, correct rear skewer to fit trainer, bike shoes. *Note: TCR has a limited supply of ergos. If you need to borrow one please let us know.*

**RUN:**  
Running shoes

### OTHER SERVICES

Full Triathlon Training Program (including testing, technique video analysts, race planning/goal setting, all group sessions, individual program on Training Peaks) \$39/week (\$33 for under 17yo)

Individual sessional coaching \$35/session plus venue cost (swim, bike, run, strength and conditioning)

Cycling coaching and programming \$25/week

Running coaching and programming \$25/week

Athlete nutrition planning by appointment

Athlete mental skills training by appointment