

EXCEED TRIATHLON CLUB

Exceed Novice Training Course 2019

Coaches: Ross Pedlow Level 3 and Pascal Van Kan Level 2 Triathlon Coaches				
<u>Date</u>	<u>Location and meeting time</u>	<u>Discipline and duration</u>	<u>Training</u>	<u>Extra Training Solo</u>
Saturday 12/10 October	Matilda Bay 7 am	Cycling 45 mins Run 15 mins	Check bikes and equipment Ride to Christchurch and back via Princess	
Sunday 13/10				Day Off
<u>Week 1</u>	<u>Location and meeting time</u>	<u>Discipline and duration</u>	<u>Training</u>	<u>Extra Training Solo</u>
Monday 14/10	Yokine Reserve 1st Car Park 5.30 pm	Running 30 mins	5 mins warm up and cool down stretches Running intervals	
Tuesday 15/10				Day Off
Wednesday 16/10				Run 20 min
Thursday 17/10	Cycle / Run Nedlands Tennis Club 5.30 warm up 5.45 am start	Cycle /Run 60 mins	Transitions	
Friday 18/10	Terry Tyzack Aquatic Centre 6.00 am	Swimming 30 mins	Test swimming ability Starting with 50m swim throughs	
Saturday 19/10	Matilda Bay 7 am	Cycling 45 mins	Matilda Bay to Christchurch, back via Princess st, Matilda Bay	

		Run 15 mins	Off bike	
Sunday 20/10				Day Off
<u>Week 2</u>	<u>Location and meeting time</u>	<u>Discipline and duration</u>	<u>Training</u>	<u>Extra Training Solo</u>
Monday 21/10	Yokine Reserve 1st Car Park 5.30 pm	Running 35 mins	5 mins warm up and cool down stretches Running fartlek	
Tuesday 22/10				Swim 500 m
Wednesday 23/10				Run 25 min
Thursday 24/10	Cycle / Run Nedlands Tennis Club 5.30 warm up 5.45 am start	Cycle /Run 60 mins	Transitions	
Friday 25/10	Terry Tyzack Aquatic Centre 6.00 am	Swimming 30 mins		
Saturday 26/10	Matilda Bay 7 am	Cycling 45 mins Run 15 mins Swim 1 x 5 mins	Matilda Bay to Christchurch, back via Princess st, Matilda Bay Off bike Open water	
Sunday 27/10				Day Off
<u>Week 3</u>	<u>Location and meeting time</u>	<u>Discipline and duration</u>	<u>Training</u>	<u>Extra Training Solo</u>
Monday 28/10	Yokine Reserve 1st Car Park 5.30 pm	Running 30 mins	5 mins warm up and cool down stretches	

			Running intervals	
Tuesday 29/10				Swim Pool 600 m non stop
Wednesday 30/10				Run 30 min
Thursday 31/10	Cycle / Run Nedlands Tennis Club 5.30 warm up 5.45 am start	Cycle /Run 60 mins	Transitions	
Friday 1/11 November	Terry Tyzack Aquatic Centre 6.00 am	Swimming 45 mins		
Saturday 2/11	Matilda Bay 5.45 am Start with main squad at Narrows	Cycling 45 mins Run 15 mins Swim 2 x 5 mins	Matilda Bay to Narrows then Christchurch, Via Jutland , return Off bike easy Open water	
Sunday 3/11				Day Off
<u>Week 4</u>	<u>Location and meeting time</u>	<u>Discipline and duration</u>	<u>Training</u>	<u>Extra Training Solo</u>
Monday 4/11	Yokine Reserve 1st Car Park 5.30 pm	Running 45 mins	5 mins warm up and cool down stretches Running fartlek	
Tuesday 5/11				Swim 600 m
Wednesday 6/11				Run 30 min
Thursday 7/11	Cycle / Run Nedlands Tennis	Cycle /Run 60 mins	Transitions	

	Club 5.30 warm up 5.45 am start			
Friday 8/11	Terry Tyzack Aquatic Centre 6.00 am	Swimming 45 mins		
Saturday 9/11	Race Day EXSS Team Relay Matilda Bay 7 am	Cycling 45 mins Run 15 mins Swim 10 mins	Triathlon Team Relay 300 swim 8 km rike 1.5 km run Matilda Bay to Christchurch, back via Princess st, Matilda Bay x 2 Off bike easy Open water	
Sunday 10/11				Day Off
<u>Week 5</u>	<u>Location and meeting time</u>	<u>Discipline and duration</u>	<u>Training</u>	<u>Extra Training Solo</u>
Monday 11/11	Yokine Reserve 1st Car Park 5.30 pm	Running 45 mins	5 mins warm up and cool down stretches Running intervals	
Tuesday 12/11				Swim 700 m
Wednesday 13/11				Run 30 min
Thursday 14/11	Cycle / Run Nedlands Tennis Club 5.30 warm up 5.45 am start	Cycle /Run 60 mins	Transitions	
Friday	Terry Tyzack	Swimming		

15/11	Aquatic Centre 6.00 am	45 mins		
Saturday 16/11	Matilda Bay 7 am	Cycling 45 mins Run 15 mins Swim 10 mins	Matilda Bay to Christchurch, and return back @pace x 5 min effort Matilda Bay x 2 Off bike easy Open water	
Sunday 17/11				Day Off
<u>Week 6</u>	<u>Location and meeting time</u>	<u>Discipline and duration</u>	<u>Training</u>	<u>Extra Training Solo</u>
Monday 18/11	Yokine Reserve 1st Car Park 5.30 pm	Running 40 mins	5 mins warm up and cool down stretches Running fatlek	
Tuesday 19/11				Swim 600 m
Wednesday 20/11				Run 25 min
Thursday 21/11	Cycle / Run Nedlands Tennis Club 5.30 warm up 5.45 am start	Cycle /Run 60 mins	Transitions	
Friday 22/11	Terry Tyzack Aquatic Centre 6.00 am	Swimming 45 mins		
Saturday 23/11	Floreat Beach 7 am	Pre race	cycle 30 mins run 10 mins swim 10 mins all easy	
Sunday 24/11	Race Day Club	Race Triathlon	750 m swim 20km cycle	

	Championships Mandurah 750-20-5		5 km run	
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