

TRI CHICKS NOVICE TRIATHLETE TRAINING NIGHTS

Join in some FREE, fun, non-competitive training with other novice Women Triathletes. This is all about learning new skills and gaining the confidence you need to complete the event

MON	TUES	WED	THURS	FRI	SAT	SUN
13 th Jan	14 th Jan Intro & open water swim skills/practise	15 th Jan	16 th Jan	17 th Jan	18 th Jan	19 th Jan
20 th Jan	21 st Jan Open water swim & short run/walk	22 nd Jan	23 rd Jan	24 th Jan	25 th Jan	26 th Jan
27 th Jan Auckland Anniversary	28 th Jan Open water swim & short run/walk	29 th Jan	30 th Jan	31 st Jan	01 st Feb	02 nd Feb
03 rd Feb	04 th Feb Bike ride & run/walk practise	05 th Feb Bike Maint. at MyRide Mt Mga Time TBC	06 th Feb Waitangi Day	07 th Feb	08 th Feb Open water swim & run/walk	09 th Feb
10 th Feb	11 th Feb Open water swim & run/walk the course	12 th Feb	13 th Feb	14 th Feb	15 th Feb	16 th Feb
17 th Feb	18 th Feb Open water swim & short run/walk	19 th Feb	20 th Feb	21 st Feb	22 nd Feb Race gear pick up at Pilot Bay	23 rd Feb RACE DAY

Tuesday sessions please meet at 6.15pm for a 6.30pm start. Sessions run for approx. 1 hour

Saturday session please meet at 9:15am for a 9:30 start

Session Locations:

14, 21, 28 Jan & 8, 11, 18 Feb: Meet at the Salisbury Wharf/Port of Tauranga end of Pilot Bay

4 & 5 Feb: My Ride Mt Maunganui, 37 Totara St, Mt Maunganui

What to bring:

Swim sessions: swim cap, goggles, swimwear, wetsuit or rash shirt, towel, water & a smile ☺

Run/Walk sessions: comfortable clothing & running shoes, sweat towel, water & a smile ☺

Bike sessions: comfortable clothing & shoes, bike, helmet, high vis top/jacket, water & a smile ☺

Kathy Miller is a triathlon coach for women and will be at each session helping you get your training sorted and build confidence. Her aim is to teach you the most efficient way to train to achieve your goals.



Bureta Physio will be on hand at the Tuesday sessions offering free injury assessments. They will organise appointments for full assessment and treatments at the clinic at reduced ACC surcharge rate as required.

Strapping will also be offered at a nominal fee



buretaphysiotherapy
Your injury | our challenge | your future

IF YOU REQUIRE MORE INFORMATION, PLEASE EMAIL info@trichicks.co.nz