



**Triathlon Tauranga**  
triathlontauranga.org.nz

## 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	Tue	Wed	Thu	Fri	Sat	Sun
<u>6-Jan</u>	<u>7-Jan</u> Intro & open water swim skills	<u>8-Jan</u>	<u>9-Jan</u>	<u>10-Jan</u>	<u>11-Jan</u>	<u>12-Jan</u>
<u>13-Jan</u>	<u>14-Jan</u> Ocean swim & short run/walk	<u>15-Jan</u>	<u>16-Jan</u>	<u>17-Jan</u>	<u>18-Jan</u>	<u>19-Jan</u>
<u>20-Jan</u>	<u>21-Jan</u> Ocean swim & short run/walk	<u>22-Jan</u>	<u>23-Jan</u>	<u>24-Jan</u>	<u>25-Jan</u>	<u>26-Jan</u>
<u>27-Jan</u>	<u>28-Jan</u> Ocean swim & short run/walk	<u>29-Jan</u>	<u>30-Jan</u>	<u>31-Jan</u>	<u>1-Feb</u>	<u>2-Feb</u>
<u>3-Feb</u>	<u>4-Feb</u> Ocean swim & run/walk course	<u>5-Feb</u>	<u>6-Feb</u>	<u>7-Feb</u>	<u>8-Feb</u>	<u>9-Feb</u>
<u>10-Feb</u>	<u>11-Feb</u> Ocean swim & short run/walk	<u>12-Feb</u>	<u>13-Feb</u>	<u>14-Feb</u>	<u>15-Feb</u> Event Registration	<u>16-Feb</u> <b>EVENT DAY!!!</b>

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

### Session Locations:

Meet at the Salisbury Wharf/Port of Tauranga end of Pilot Bay (on the grass)

### 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 ☺

Luana Cox is a triathlon coach for women, and will be at each Tuesday 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.

No smash fests or high-tech gadgets.

Just the simple things done right.



Bureta Physio will be on hand at all 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.

**IF YOU REQUIRE MORE INFORMATION, PLEASE EMAIL [info@trichicks.co.nz](mailto:info@trichicks.co.nz)**