



Triathlon Coach  
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Week No.	Day	Date	Session Type	Venue	Session Details	Times
1	Thursday	Thursday, 29 October 2009	Run	DAT	Introduction to Course & Run	6:15PM
	Saturday	Saturday, 31 October 2009	Bike	WP	Bike Set Up. Short ride - 15-20 minutes	8:45AM
	Sunday	Sunday, 1 November 2009	Swim	AN	Basic freestyle - assessment	4:00PM
2	Thursday	Thursday, 5 November 2009	Run	DAT	Building fitness & form	6:30PM
	Saturday	Saturday, 7 November 2009	Bike	WP	Applying techniques & fitness	9:00AM
	Sunday	Sunday, 8 November 2009	Swim	AN	Building fitness	4:00PM
3	Thursday	Thursday, 12 November 2009	Run	DAT	Introduction to interval training	6:30PM
	Saturday	Saturday, 14 November 2009	Bike	WP	Road awareness / fitness	9:00AM
	Sunday	Sunday, 15 November 2009	Swim	AN	Building fitness	4:00PM
4	Wednesday	Wednesday, 18 November 2009	Run	BSAT	Speed & endurance	7:00PM
	Saturday	Saturday, 21 November 2009	Bike/Run	WP	Transition practice	9:00AM
	Sunday	Sunday, 22 November 2009	Swim	SLSC	Open Water Swim	3:00PM
5	Wednesday	Wednesday, 25 November 2009	Run	BSAT	Speed & endurance	7:00PM
	Saturday	Saturday, 28 November 2009	Bike/Run	WP	Transition practice	9:00AM
	Sunday	Sunday, 29 November 2009	Race Simulation	SLSC	Race simulation (swim / bike / run)	7:30AM
6	Wednesday	Wednesday, 2 December 2009	Run	BSAT	Final training session / tapering	7:00PM
	Saturday	Saturday, 5 December 2009	Registration	Sandringham	Race Registration & Course familiarisation	1:30PM
	Sunday	Sunday, 6 December 2009	RACE DAY	Sandringham	Tri Series - Sandringham Race #2 (250/10/2)	7:00AM

Venue abbreviations		MELWAY REF.
AN	Aqualink Nunawading (Fraser Place, Forest Hill) <a href="http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=aqualink,+forest+hill,+vic&amp;sl=25.091075,121.559834&amp;sspn=0.499966,0.891953&amp;ie=UTF8&amp;z=16&amp;iwloc=A&amp;cid=10506341289580684506">http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=aqualink,+forest+hill,+vic&amp;sl=25.091075,121.559834&amp;sspn=0.499966,0.891953&amp;ie=UTF8&amp;z=16&amp;iwloc=A&amp;cid=10506341289580684506</a>	Map 62 E-3
BSAT	Bill Stewart Athletics Track, Burwood. (Off Burwood Hwy) <a href="http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=Bill+Stewart+Athletics+Track,&amp;sl=-37.85622,145.159854&amp;sspn=0.006599,0.013937&amp;ie=UTF8&amp;radius=0.38&amp;filter=0&amp;rq=1&amp;ev=zi&amp;ll=-37.85622,145.159854&amp;sppn=0.006599,0.013937&amp;z=17&amp;iwloc=B&amp;cid=1852190404006310512">http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=Bill+Stewart+Athletics+Track,&amp;sl=-37.85622,145.159854&amp;sspn=0.006599,0.013937&amp;ie=UTF8&amp;radius=0.38&amp;filter=0&amp;rq=1&amp;ev=zi&amp;ll=-37.85622,145.159854&amp;sppn=0.006599,0.013937&amp;z=17&amp;iwloc=B&amp;cid=1852190404006310512</a>	Map 62 C-8
SLSC	Sandridge Life Saving Club (The Boulevard, Port Melbourne) <a href="http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=sandridge+life+saving+club,+port+melbourne,+vic&amp;sl=-37.856321,145.159854&amp;sspn=0.006811,0.013937&amp;ie=UTF8&amp;ll=-37.838937,144.917307&amp;sppn=0.026402,0.055747&amp;z=15&amp;iwloc=A&amp;cid=13635294842718267567">http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=sandridge+life+saving+club,+port+melbourne,+vic&amp;sl=-37.856321,145.159854&amp;sspn=0.006811,0.013937&amp;ie=UTF8&amp;ll=-37.838937,144.917307&amp;sppn=0.026402,0.055747&amp;z=15&amp;iwloc=A&amp;cid=13635294842718267567</a>	Map 56 G-3
WP	Westerfold Park, Templestowe. Fitzsimmon Lane. (Canoe Launching Area, Lower car park, near to river & bridge) <a href="http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=westerfolds+park,+templestowe,+vic&amp;sl=-37.838937,144.917307&amp;sspn=0.026402,0.055747&amp;ie=UTF8&amp;ll=-37.745336,145.129309&amp;sppn=0.027284,0.055747&amp;z=15&amp;iwloc=B&amp;cid=7305278745393761389">http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=westerfolds+park,+templestowe,+vic&amp;sl=-37.838937,144.917307&amp;sspn=0.026402,0.055747&amp;ie=UTF8&amp;ll=-37.745336,145.129309&amp;sppn=0.027284,0.055747&amp;z=15&amp;iwloc=B&amp;cid=7305278745393761389</a>	Map 33 F-1
DAT	Reischiek's Reserve. Doncaster Athletics Tracks & Football oval car park (George St. near corner of Victoria St, Doncaster) <a href="http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=Rieschiecks+Reserve,+east+doncaster,+vic&amp;sl=-37.745336,145.129309&amp;sspn=0.027284,0.055747&amp;ie=UTF8&amp;cd=1&amp;z=15&amp;iwloc=A&amp;cid=3568957234029017997">http://maps.google.com.au/maps?f=q&amp;source=s_q&amp;hl=en&amp;geocode=&amp;q=Rieschiecks+Reserve,+east+doncaster,+vic&amp;sl=-37.745336,145.129309&amp;sspn=0.027284,0.055747&amp;ie=UTF8&amp;cd=1&amp;z=15&amp;iwloc=A&amp;cid=3568957234029017997</a>	Map 33 J-11

**Note:** Should there be changes, we shall contact you by phone within 24hrs of the session.

It is important you provide us with your mobile telephone number.

For bike sessions, in case of bad weather, bring your running gear.

**Important:** Please contact me if you are unable to attend a session.