



ADULT NOOSA TRAINING CAMP AUGUST 2008

After speaking with a number of athletes from the group, they are very keen to incorporate a training weekend around the Noosa Half Marathon and 10 km on the weekend of the Saturday 23rd and Sunday 24th August 2008 into their program. The 160-180 km ride on Saturday will not be suitable for everyone.

I will not be able to be into Noosa until Sunday morning of the race as I have a wedding and reception to attend Saturday afternoon/evening at Maroochydore.

Please see the event and enter through <http://www.usmevents.com.au/noosahalf/race.html>

Jaimie Trotter will still be running sessions for the junior and other adult members who do not wish to do the training camp at the Clem Jones Centre across the weekend.

I have divided the camp into a two day weekend camp or a four day camp.

Two Day Camp

Saturday 23rd August

Meet at 6.00 am at Clem Jones Centre for Ride to Noosa via Montville and Maleny
Arrive at Noosa around 1.00 pm
20 minute Swim to Cool Off
2.00- 4.30 pm Eat Lunch and Nap
4.30 pm Register for Race Briefing
5.00 to 5.45 pm Open Water Swim
6.00 pm Dinner

Sunday 24th August 6.30 am

Half Marathon
8.00 am 10 km Run
Open Water Swim for 20 minutes after event
Check-out around 10.00 am

Accommodation costs will be around \$60 for the night depending on numbers and athlete will be responsible for own food Saturday after the ride and Saturday night.

Four Day Camp

Saturday 23rd August

Meet at 6.00 am at Clem Jones Centre for Ride to Noosa via Montville and Maleny
Arrive at Noosa around 1.00 pm
20 minute Swim to Cool Off
2.00- 4.30 pm Eat Lunch and Nap
4.30 pm Register for Race Briefing
5.00 to 5.45 pm Open Water Swim
6.00 pm Dinner

Monday 25th August

AM 4-5 hour bike ride up to Kenilworth
MID Open Water Swim
PM 10 km run over Noosa Triathlon Course

Tuesday 26th August AM Ride to Clem Jones Centre via Montville and Maleny

Accommodation costs will be around \$150 for the 3 nights depending on the numbers will be responsible for own food Saturday after the ride and night. I will cook Sunday and Monday night

Sunday 24th August

6.30 am Half Marathon
8.00 am 10 km Run
Open Water Swim for 20 minutes after event
PM Open Water Swim

Please let me know via email by Monday 2nd June 2008 if you would like to attend by giving me a \$25 non-refundable deposit so I can book enough accommodation for the weekend.

Please contact me if you have any questions.

Warwick Dalziel

Carina Leagues Triathlon Club Head Coach
BSc (HMS) BSc (HONS) MAppSc (Sports Coaching) BPhty
Level 2 Triathlon Coach
Level 1 Strength and Conditioning Coach