

Northern Suburbs Triathlon Club Training Calendar

Phase	Pre Competition / Competition 2				Recovery	Base			Pre Competition	Competition 1	Recov	
	January 2012	February 2012	March 2012	April 2012	May 2012	June 2012	July 2012	August 2012	September 2012	October 2012	November 2012	December 2012
Sun	01			01 S1 Batemans U			01 R1					
Mon	02			02			02			01		
Tue	03			03	01		03			02		
Wed	04	01		04	02		04	01		03		
Thu	05	02	01	05	03		05	02		04	01	
Fri	06	03	02	06 Easter	04	01	06	03		05	02	
Sat	07 B1	04 B1	03 B1	07 B1	05 B1	02 B1	07 B1	04 B1	01 B1	06 B1	03 B1	01 B1 TTS + Kids
Sun	08 S1	05 S1	04 S1 Kurnell	08	06 Ironman	03 R1 Chal. Cairns	08	05 R1	02 R1	07 Forster Ult	04 S1	02
Mon	09	06	05	09	07	04	09	06	03	08	05	03
Tue	10	07	06	10	08	05	10	07	04	09	06	04
Wed	11	08	07	11	09	06	11	08	05	10	07	05
Thu	12	09	08	12	10	07	12	09	06	11	08	06
Fri	13	10	09	13	11	08	13	10	07	12	09	07
Sat	14 B2	11 B2 Rev	10 B2	14 B2 Rev	12 B2	09 B2	14 B2	11 B2	08 B2 Rev	13 B2	10 B2 Rev	08 B2
Sun	15 Kurnell	12 Kurnell	11	15 Sydney ITU	13 R1	10	15	12 C2S	09	14 S1	11	09 S1
Mon	16	13	12	16	14	11	16	13	10	15	12	10
Tue	17	14	13	17	15	12	17	14	11	16	13	11
Wed	18	15	14	18	16	13	18	15	12	17	14	12
Thu	19	16	15	19	17	14	19	16	13	18	15	13
Fri	20	17	16	20	18	15	20	17	14	19	16	14
Sat	21 B3 TTS + Kids	18 B3 Huski	17 B3	21 B3	19 B3	16 B3	21 B3	18 B3	15 B3	20 B3 TTS L&S	17 B3 TTS + Kids	15 B3
Sun	22	19 Huski	18	22	20 SMH Half	17	22	19	16 Blackmores	21	18	16
Mon	23	20	19	23	21	18	23	20	17	22	19	17
Tue	24	21	20	24	22	19	24	21	18	23	20	18
Wed	25	22	21	25	23	20	25	22	19	24	21	19
Thu	26	23	22	26	24	21	26	23	20	25	22	20
Fri	27	24	23	27	25	22	27	24	21	26	23	21
Sat	28 B4	25 B4 TTS + Kids	24 B4 TTS L&S	28 B4 C.Champs	26 B4	23 B4	28 B4	25 B4	22 B4 TTS Rev	27 B4	24 B4	22 B4
Sun	29	26	25	29	27 Rev TTS	24 TTS Dua	29 TTS Dua	26 Rev TTS	23	28 Nepean	25	23
Mon	30	27	26	30	28	25	30	27	24	29	26	24
Tue	31	28	27		29	26	31	28	25	30	27	25
Wed		29	28		30	27		29	26	31	28	26
Thu			29		31	28		30	27		29	27
Fri			30			29		31	28		30	28
Sat			31 B1 Batemans U			30 B3			29 B1			29 TBA
Sun									30			30
Mon												31
Tue												

NB: This is a guide only to potential training and the location. Actual route will be confirmed on the forum. In the event of adverse weather conditions or any other event that impacts training, the training location may be changed or cancelled taking this into consideration and practicality of proposed training.
TTS's like training please refer to forum and web page to confirm exact timing and format.

Key	Description	Link	Notes
Code			Saturday TTS's start at 4pm
B1	Lower 40, Church Point, Akuna, Duffys		Sunday TTS's start at 7:00am
B2	Gorges		
B3	McCarrs, West Head, Akuna, Duffys		
B4	Bobbo & Brooklyn Bridge		
S1	Swim / Run Manly Dam (Afternoon)		
R1	1hour run, possibly from Mona Vale TBC (Afternoon)		
TTS + Kids	Normal TTS & Kids Biathlon		
TTS L&S	TTS Long and Short course		
TTS Rev	TTS or Reverse TBD		
TTS Dua	TTS Duathlon		
Rev TTS	Reverse TTS		