

Noosa Triathlon & Sunshine Coast 70.3 Camp Schedule

TIME	ACTIVITY	LOCATION
Thursday 15th August		
1:00 – 2:00 PM	Swim stroke analysis (TBC)	Noosa Aquatic Centre
2:00 – 9:00 PM	Arrival at RACV Noosa Resort for 3 night athletes.	RACV Noosa Resort 94 Noosa Drive Noosa Heads
5:00 – 6:00 PM	Aerobic run 45-60 mins	RACV Noosa Resort
6:30 PM	Dinner	RACV Noosa Resort
Friday 16th August		
5:30 – 9:30 AM	Cycle – aerobic group ride in up to 3 groups.	RACV Noosa Resort
11:00 – 12:00 PM	Swim - open water swim.	Noosa Main Beach – meet Noosa Woods end.
2:00 – 9:00 PM	Arrival at RACV Noosa Resort for 2 night athletes.	RACV Noosa Resort 94 Noosa Drive Noosa Heads
4:45 – 5:45 PM	Trail run 45-60 mins	RACV Noosa Resort
6:30 PM	Dinner	Dinner @ local restaurant
Saturday 17th August		
6:00 AM @ Noosa Heads 6:30 AM @ Mooloolaba SLSC	<ul style="list-style-type: none"> Noosa Triathlon Transitions Swim/bike/run @ Noosa Heads Sunshine Coast 70.3 Swim/run over course Optional ride to/from Mooloolaba 	Noosa Heads & Mooloolaba SLSC
11:00 – 12:00 PM	Swim - open water swim skills at Noosa Main Beach. Optional session Sunshine Coast athletes.	Noosa Main Beach
4:00 – 5:30 PM	<ul style="list-style-type: none"> Noosa Triathlon Run over triathlon course. 45-60 mins Sunshine Coast 70.3 Recovery cycle – 90 mins. 	RACV Noosa Resort
6:00 – 7:00 PM	Seminar with Mike Baker - Bike setup (includes snacks 😊)	RACV Noosa Resort
7:00 PM	BBQ Dinner @ Resort	Dinner @ Resort
Sunday 18th August		
5:00 – 9:00 AM	Cycle – group ride in 3 groups.	RACV Noosa Resort
10:00 AM	Checkout (late checkouts can be requested at reception)	RACV Noosa Resort
11:00 – 12:00 PM	Swim – technique work and stroke correction.	Noosa Aquatic Centre
12:00 PM	Lunch and wrap up	RACV Noosa Resort

