

## Cairns Ironman and 70.3 Camp Schedule

TIME	ACTIVITY	LOCATION
<b>Thursday 24<sup>th</sup> April</b>		
11:00 AM – 12:00 PM	Swim	Noosa Aquatic Centre Noosaville
From 12:00 PM	Check in	The Resort Peregian Beach
4:00 PM	Aerobic run <ul style="list-style-type: none"> <li>• 70.3 – 45-60 mins</li> <li>• IM – 60-75 mins</li> </ul>	The Resort
6:30 PM	BBQ Dinner	The Resort
<b>Friday 25<sup>th</sup> April</b>		
6:00 – 9:00 AM	Open water swim <ul style="list-style-type: none"> <li>• 70.3 – 45 mins</li> <li>• IM – 60 mins</li> </ul> Run <ul style="list-style-type: none"> <li>• 70.3 – 75-90 mins</li> <li>• IM – 2 – 2.5 hours</li> </ul>	Noosa Main Beach  Noosa National Park
11:30 – 12:30 PM	Overview and discussion of Cairns Course	The Resort
12:00 – 1:00 PM	Lunch	The Resort
3:00 – 4:30 PM	Cycle – aerobic group ride in 3 groups.	The Resort
5:30 – 6:30 PM	Seminar with pro athlete Adam Gordon	The Resort
6:30 – 7:30 PM	BBQ Dinner	The Resort
<b>Saturday 26<sup>th</sup> April</b>		
5:00 – 12:00 PM	Cycle/run – individual long ride with run off bike. <ul style="list-style-type: none"> <li>• 70.3 – approx 4 hours</li> <li>• IM – approx 6 hours</li> </ul>	The Resort
12:00 PM – 1:00 PM	Lunch	The Resort
2:00 – 3:00 PM	Nutrition seminar	The Resort
4:30 – 5:30 PM	Run – aerobic run 30-40 mins	The Resort
6:00 PM	Dinner	Dinner @ local restaurant
<b>Sunday 27<sup>th</sup> April</b>		
5:00 – 9:00 AM	Cycle – group ride in 3 groups.	The Resort
10:00 AM	Checkout	The Resort
11:00 AM - 12:00 PM	Swim	Noosa Aquatic Centre