

## Northern Suburbs Triathlon Club Training Calendar 2017/18

Phase	Base			Pre Competition			Competition 1			Recov								
	July 2017			August 2017			September 2017			October 2017			November 2017			December 2017		
Sunday	25			30			27			01			25			26		
Monday	26			31			28			02			30			27		
Tuesday	27			01			29			03			31			28		
Wednesday	28			02			30			04			01			29		
Thursday	29			03			31			05			02			30		
Friday	30			04			01			06			03			01		
Saturday	01	B1		05	B1		02	B1		07	B1		04	B1		02	B1	Triathlon Pink Sydney #1
Sunday	02	Calga TT	Gold Coast Marathon	06	Calga TT	Biggest Club Run Narrabeen Lakes	03	Calga TT	Fathers Day	08	Calga TT (TBC)	Forster Ultimate Triathlon Festival	05	Calga TT	Noosa Multisport Festival	03	Calga TT	Ironman Busselton
Monday	03			07			04			09		Labour Day	06			04		
Tuesday	04			08			05			10			07			05		
Wednesday	05			09			06			11			08			06		
Thursday	06			10			07			12			09			07		
Friday	07			11			08			13			10			08		
Saturday	08	B2		12	B2		09	B2		14	B2	XTERRA Gippsland Off-road triathlon	11	B2	Challenge Shepparton	09	B2	NSTC Christmas Party TTS & Kids Biathlon Terrey Hills
Sunday	09	Hills Duathlon Series (Race #2)	Syd Harbour 10km	13		City 2 Surf	10		Biggest Club Ride B3 to Terrey Hills	15		TTS - Triathlon Terrey Hills	12	Bare Creek Trail Run	Sydney Sprint Series - Kurnell #1	10		Callala Ultimate Triathlon Festival
Monday	10			14			11			16			13			11		
Tuesday	11			15			12			17			14			12		
Wednesday	12			16			13			18			15			13		
Thursday	13			17			14			19			16			14		
Friday	14			18			15			20			17			15		
Saturday	15	B3		19	B3	Indoor Brick Session (Location TBC)	16	B3		21	B3		18	B3	Wyong Triathlon Festival	16	B3	
Sunday	16			20	Husky Half Running Festival		17	Blackmores Running Festival		22	Beach Brick session (North Narrabeen)		19	TTS - Triathlon Terrey Hills		17	MTS - Northern Beaches Biathlon Palm Beach to Manly	
Monday	17			21			18			23			20			18		
Tuesday	18			22			19			24			21			19		
Wednesday	19			23			20			25			22			20		
Thursday	20			24			21			26			23			21		
Friday	21			25			22			27			24			22		
Saturday	22	B4		26	B4		23	B4		28	B4	Jervis Bay Long Course Triathlon	25	B4		23	B4	
Sunday	23	Rapha Women's 100km	TTS - Duathlon, Terrey Hills Oval	27	Pub 2 Pub	Hills Duathlon Series (Race #4)	24	Husky Triathlon Festival		29	Nepean Triathlon		26	Canberra Sprint Triathlon	70.3 Western Sydney	24		
Monday	24			28			25			30			27			25	Christmas	
Tuesday	25			29			26			31			28			26	Boxing Day	
Wednesday	26			30			27			01			29			27		
Thursday	27			31			28			02			30			28		
Friday	28			01			29			03			01			29		
Saturday	29	B5		02			30	B5		04			02			30		
Sunday	30		Sydney Duathlon (Hills Race #3)	03			01			05			03			31		
Monday	31			04			02			06			04			01		
Tuesday	01			05			03			07			05			02		

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.  
Please confirm all race dates on Race Organisers web site, this calendar is issued as a guide only and should not be relied upon.

### Key

Code	Description
B1	Lower 40, Church Point, Akuna, Duffys
B2	Gorges
B3	McCarrs, West Head, Akuna, Duffys
B4	Bobbo & Brooklyn Bridge
B5	Ride to Manly or Gorges

### Notes

Club MTS sessions will be confirmed via Facebook & Strava

### Event Websites

- [Elite Energy](#)
- [Challenge Series](#)
- [100% Events](#)
- [Nepean](#)
- [Ironman Australia](#)
- [Hills Duathlon Series](#)

## Northern Suburbs Triathlon Club Training Calendar 2017/18

Phase	Pre Competition / Competition 2				Recovery		Base
	January 2018	February 2018	March 2018	April 2018	May 2018	June 2018	
Sunday	31	28	25	01	29	27	
Monday	01 New Years Day	29	26	02 Easter	30	28	
Tuesday	02	30	27	03	01	29	
Wednesday	03	31	28	04	02	30	
Thursday	04	01	01	05	03	31	
Friday	05	02	02	06	04	01	
Saturday	06 B1	03 B1 Canberra Triathlon Festival	03 B1 Canberra Corporate Triathlon Festival	07 B1	05 B1	02 B1	
Sunday	07 Calga TT (TBC) Beach Brick session (Sth Curl Curl)	04 Calga TT	04 Calga TT Beach Brick session (North Narrabeen)	08 Sydney Sprint Series - Kurnell #2 Batemans Bay Ultimate Triathlon	06 Calga TT IM Port Macquarie	03 MTS - Calga NSTC ITT Champs	
Monday	08	05	05	09	07	04	
Tuesday	09	06	06	10	08	05	
Wednesday	10	07	07	11	09	06	
Thursday	11	08	08	12	10	07	
Friday	12	09	09	13	11	08	
Saturday	13 B2	10 B2	10 B2 Alpine Ascent Triathlon	14 B2	12 B2	09 B2	
Sunday	14 TTS & Kids Biathlon Terrey Hills	11 Biggest Club Swim Manly	11	15 TTS - Triathlon Terrey Hills	13 TTS - Triathlon Terrey Hills	10 IM Cairns	
Monday	15	12	12	16	14	11 Q B'day	
Tuesday	16	13	13	17	15	12	
Wednesday	17	14	14	18	16	13	
Thursday	18	15	15	19	17	14	
Friday	19	16	16	20	18	15	
Saturday	20 B3	17 B3	17 B3	21 B3	19 B3 Port Stephens Triathlon Festival	16 B3	
Sunday	21 Nowra Triathlon Festival	18 Geelong 70.3 Huski Long Course Triathlon Weekend	18 Wollongong Triathlon Festival	22 Triathlon Pink Sydney #2	20	17 TTS - Duathlon, Terrey Hills Oval	
Monday	22	19	19	23	21	18	
Tuesday	23	20	20	24	22	19	
Wednesday	24	21	21	25 Anzac Day	23	20	
Thursday	25	22	22	26	24	21	
Friday	26 Aust Day	23	23	27	25	22	
Saturday	27 B4 Audax Alpine Classic	24 B4	24 B4 Tri NSW Club Championships	28 B4	26 B4	23 B4	
Sunday	28	25 TTS - Off Road Triathlon Terrey Hills	25	29	27	24	
Monday	29	26	26	30	28	25	
Tuesday	30	27	27	01	29	26	
Wednesday	31	28	28	02	30	27	
Thursday	01	01	29	03	31	28	
Friday	02	02	30	04 Easter	01	29	
Saturday	03	03	31	05 B5 or B3	02	30	
Sunday	04	04	01	06	03	01	
Monday	05	05	02	07	04	02	
Tuesday	06	06	03	08	05	03	

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