

Northern Suburbs Triathlon Club Training Calendar 2018/19

Phase	Base		Pre Competition		Competition 1		Recov	
	July 2018	August 2018	September 2018	October 2018	November 2018	December 2018		
Sunday	01 Calga TT							
Monday	02			01				
Tuesday	03			02				
Wednesday	04	01		03				
Thursday	05	02		04		01		
Friday	06	03		05		02		
Saturday	07 B1	04 B1	01 B1 ACT Duathlon Championships	06 B1	03 B1	01 B1 L'Etape Australia		
Sunday	08	05 Calga TT	02 Calga TT Fathers Day	07 Calga TT Sri Chinmoy Ultra Trail ACT	04 Calga TT / Husky Tri Festival EE / Noosa Multisport Triathlon Festival	02 IM Busselton Calga TT		
Monday	09	2018 World Championships Multisport - Denmark						
Tuesday	10				08 Labour Day			
Wednesday	11		08	05	10 Weekly Run & Bold and Beautiful Swim Manly	07 Weekly Run & Bold and Beautiful Swim Manly	05 Weekly Run & Bold and Beautiful Swim Manly	
Thursday	12		09	06	11	08	06	
Friday	13		10	07	12	09	07	
Saturday	14 B2	11 B2	08 B2	13 B2 TTS - Triathlon & Kids Biathlon	10 Kurnell Sprint Series	08 B2 / Callala Tri / NSTC Christmas Party Triple Edge T3X Canberra Endurance Triathlon	Hills Garmin Series	
Sunday	15	12 MTS Biggest Club Run & BBQ Breakfast City 2 Surf	09 MTS - Narrabeen Run Session	14	11 Challenge Shepparton	09 Go-Series Kids Triathlon		
Monday	16	13	10	15	12	10		
Tuesday	17	14	11	16	13	11		
Wednesday	18	15	12	17 Weekly Run & Bold and Beautiful Swim Manly	14 Weekly Run & Bold and Beautiful Swim Manly	12 Weekly Run & Bold and Beautiful Swim Manly		
Thursday	19	16	13	18	15	13		
Friday	20	17	14	19	16	14		
Saturday	21 B3	18 B3 Port Macquarie MTB & Trail Running Festival	15 B3 / RAPHAWomens 100	20 B3 EE Long Course Weekend - Jervis Bay	17 B3	15 B3		
Sunday	22 TTS - Duathlon	19 Husky Half Running Festival TTS - Indoor Triathlon	16 Blackmores Running Festival	21 Bowral Classic Bike Ride	18 Sri Chinmoy Triple Tri Off-Road ACT	16 MTS - Northern Beaches Biathlon	Palm Beach to Manly	
Monday	23	20	17	22	19	17		
Tuesday	24	21	18	23	20	18		
Wednesday	25	22	19	24 Weekly Run & Bold and Beautiful Swim Manly	21 Weekly Run & Bold and Beautiful Swim Manly	19 Weekly Run & Bold and Beautiful Swim Manly		
Thursday	26	23	20	25	22	20	Christmas	
Friday	27	24	21	26	23	21	Boxing Day	
Saturday	28 B4	25 B4 Sydney Duathlon EE	22 B4	27 B4 Nepean Triathlon	24 B4 Jackie Fairweather Tri ACT	22 B4		
Sunday	29 Sri Chinmoy Off Road Duathlon - ACT Sydney Harbour 10km	26 Pub 2 Pub Sunshine Coast 70.3	23 Sri Chinmoy ACT Trail Ultra	28 TTS - Reverse Triathlon & Kids Biathlon	25 70.3 Western Sydney	23 Boxing Day		
Monday	30	27	24	29	26	24		
Tuesday	31	28	25	30	27	25		
Wednesday		29	26	31 Weekly Run & Bold and Beautiful Swim Manly	28 Weekly Run & Bold and Beautiful Swim Manly	26 Weekly Run & Bold and Beautiful Swim Manly		
Thursday		30	27		29	27		
Friday		31	28		30	28		
Saturday			29 B3 or B5 Broken Marathon Sydney EE SBRx3 SIRC EE	01	01	29 B3 or B5		
Sunday						30		
Monday						31		
Tuesday								

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Key	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

Triathlon NSW Interclub Series
These events earn points for the series. NSTC will be supporting these events and encouraging members to attend

Event Websites

[Elite Energy](#)
[www.nstc.com.au](#)
[Challenge Series](#)
[100% Events](#)
[Hillman](#)
[Ironman Australia](#)
[Hills Duathlon Series](#)

Northern Suburbs Triathlon Club Training Calendar 2018/19

Phase	Pre Competition / Competition 2				Recovery		Base
	January 2019	February 2019	March 2019	April 2019	May 2019	June 2019	
Sunday							
Monday				01			
Tuesday	01 NEW YEARS DAY			02			
Wednesday	02 Weekly Run & Bold and Beautiful Swim Manly			03 Weekly Run & Bold and Beautiful Swim Manly	01		
Thursday	03			04	02		
Friday	04	01	01	05	03		
Saturday	05 B1	02 B1 / Aust Alpine Ascent	Richie Walker Aquathlon	02 B1 Wollongong Triathlon Festival	06 B1	04 B1	
Sunday	06 Calga TT	03 Calga TT	Canberra Tri Festival EE	03 Calga TT Orange Cycle Classic	07 Calga TT	05 Mother's Day Classic Calga TT IM Port Macquarie	
Monday	07	04	04	08	06	05	
Tuesday	08	05	05	09	07	04	
Wednesday	09 Weekly Run & Bold and Beautiful Swim Manly	06 Weekly Run & Bold and Beautiful Swim Manly	06 Weekly Run & Bold and Beautiful Swim Manly	10 Weekly Run & Bold and Beautiful Swim Manly	08	05	
Thursday	10	07	07	11	09	06	
Friday	11	08	08	12	10	07	
Saturday	12 B2	Kurnell Sprint Series	09 B2	09 B2	Wollongong Triathlon	11 B2	
Sunday	13	10	10 Falls Creek 3 Peaks Challenge	TTS - Triathlon & Kids Biathlon	14 Challenge Melbourne	12 SMH Half Marathon	
Monday	14	11	11	15	13	10	
Tuesday	15	12	12	16	14	11	
Wednesday	16 Weekly Run & Bold and Beautiful Swim Manly	13 Weekly Run & Bold and Beautiful Swim Manly	13 Weekly Run & Bold and Beautiful Swim Manly	17 Weekly Run & Bold and Beautiful Swim Manly	15	12	
Thursday	17	14	14	18	16	13	
Friday	18	15	15	19	17	14	
Saturday	19 B3	Nowra Triathlon Festival EE	16 B3	TrNSW Club Champs Orange	20 B3	18 B3 Port Stephens Triathlon Festival	
Sunday	20	Go-Series Kids Triathlon	17 Geelong 70.3	17	MTS - Biggest Club Swim Manly	19	
Monday	21	18	18	22	20	17	
Tuesday	22	19	19	23	21	18	
Wednesday	23 Weekly Run & Bold and Beautiful Swim Manly	20 Weekly Run & Bold and Beautiful Swim Manly	20 Weekly Run & Bold and Beautiful Swim Manly	24 Weekly Run & Bold and Beautiful Swim Manly	22	19	
Thursday	24	21	21	25	23	20	
Friday	25	22	22	26	24	21	
Saturday	26 B4	Audax Alpine Classic	23 B4	Husky Long Course Weekend	23 B4	Alpine Ascent Running Festival 25km / 50km	
Sunday	27	24	24	28	26	23	
Monday	28	25	25	29	27	24	
Tuesday	29	26	26	30	28	25	
Wednesday	30 Weekly Run & Bold and Beautiful Swim Manly	27 Weekly Run & Bold and Beautiful Swim Manly	27 Weekly Run & Bold and Beautiful Swim Manly	31	29	26	
Thursday	31	28	28	30	31	27	
Friday							
Saturday	02	02	30 B3 or B5	04	01	29 B3 or B5	
Sunday			31			30	
Monday							
Tuesday							

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