

Northern Suburbs Triathlon Club Training Calendar 2019/2020

Phase	Base			Pre Competition			Competition 1			Recov				
	July 2019		August 2019		September 2019		October 2019		November 2019		December 2019			
Sun					01 Club Run	Fathers Day / Calga TT					01 Club Run	IM Bussleton / Garmin Series - Hills Tri / Calga TT		
Mon	01				02						02			
Tue	02				03			01			03			
Wed	03				04			02			04			
Thu	04		01		05			03			05			
Fri	05		02		06			04		01	06			
Sat	06 B1		03 B1	Sri Chinmoy Off Road Duathlons ACT	07 B1			05 B1		02 B1		07 B1	Calalla Tri	
Sun	07 Club Run	Calga TT	04 Club Run	Calga TT	08 Sunshine Coast 70.3			06 Club Run	Calga TT	03 Club Run	Huski I / Noosa Multisport Festival / Calga TT	08		
Mon	08		05		09		07	Labour Day		04		09		
Tue	09		06		10		08			05		10		
Wed	10		07		11		09			06		11		
Thu	11		08		12		10			07		12		
Fri	12		09		13		11			08		13		
Sat	13 B2		10 B2		14 B2	ACT Duathlon Championships / Sri Chinmoy ACT Trail Ultra		12 B2	Club TTS	09 B2	Club TTS	14 B2		
Sun	14		11	C2S	15 NSTC Season Welcome Function TH Tavern 3pm - 5pm			13		10	Garmin Series - Hills Tri	15		
Mon	15		12		16		14			11		16		
Tue	16		13		17		15			12		17		
Wed	17		14		18		16			13		18		
Thu	18		15		19		17			14		19		
Fri	19		16		20		18			15		20		
Sat	20 B3		17 B3		21 B3			19 B3	Forster Tri	16 B3	Jervis Bay Long Course Weekend	21 B3		
Sun	21 Hills Duathlon		18	Husky Running Festival	22			20	Garmin Series - Hills Tri	Auckland Marathon / Bowral Classic	17	Jervis Bay Long Course Weekend / Sri CHINmoy Triple Tri Off Road ACT	22	
Mon	22		19		23		21			18		23		
Tue	23		20		24		22			19		24		
Wed	24		21		25		23			20		25	Christmas	
Thu	25		22		26		24			21		26	Boxing Day	
Fri	26		23		27		25			22		27		
Sat	27 B4	Berry Duathlon	24 B4		28 B4			26 B4	Nepean	23 B4		28 B4		
Sun	28	Syd harbour 5k & 10K	25	Pub2Pub	29			27	Sand & Sea Festival, Jervis Bay / Fitz's Challenge ACT	Nepean	24	Kurnell Sprint Series	70.3 Western Sydney	29
Mon	29		26		30		28			25		30		
Tue	30		27				29			26		31		
Wed	31		28				30			27				
Thu			29				31			28				
Fri			30							29	L'etape Aust Snowy Mtns			
Sat			31	B5	Port Macq MTB & Trail Running Festival / Wingello Trail Running Festival					30	B5 Club AGM / Christmas Party	Jackie Fairweather Tri ACT		
Sun														
Mon														
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 Code	Description	Link
B1	McCarrs / Mona / Narrabeen return	https://www.strava.com/routes/19880043
B2	Gorges	http://www.mapmyride.com/routes/view/64088894
B3	McCarrs, West Head, Akuna, Duffys	http://www.mapmyride.com/routes/view/65014948
B4	Bobbo & Brooklyn Bridge	http://www.mapmyride.com/routes/view/66109072
B5	Ride to Manly	http://www.mapmyride.com/routes/view/135425245

Swim / Run	Swim / Run session in morning, location TBC (northern Beaches)
R1	1hour run, either coastal or bush, location TBC (Mornings)
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

Colour Key	
	Club Training
	Interclub Champ Races

Northern Suburbs Triathlon Club Training Calendar 2019/2020

Phase	Pre Competition / Competition 2						Recovery			Base								
	January 2020		February 2020		March 2020		April 2020		May 2020		June 2020							
Sun					01	Club Run	Huski Long Course											
Mon					02							01						
Tue					03							02						
Wed	01	New Years Day			04			01				03						
Thu	02				05			02				04						
Fri	03				06			03		01		05						
Sat	04	B1		01	B1	Kurnell Sprint Series	07	B1		04	B1	Batemans Bay Tri	02	B1		06	B1	
Sun	05	Club Run	Calga TT	02	Club Run	Richie Walker Aquathon	08		05	Club Run	Calga TT	03	Club Run	IM Aust / Calga TT	07	Club Run	Calga TT	
Mon	06			03			09		06			04			08		Q B'day	
Tue	07			04			10		07			05			09			
Wed	08			05			11		08			06			10			
Thu	09			06			12		09			07			11			
Fri	10			07			13		10		Easter	08			12			
Sat	11	B2		08	B2	Aust Alpine Ascent	14	B2	Mooloolaba Tri Festival	11	B2	Easter Sat	09	B2	Port Stephens	13	B2	
Sun	12			09			15	Kurnell Sprint Series	Mooloolaba Tri Festival	12		Easter Sun	10		Mothers Day	14		IM Cairns ?
Mon	13			10			16			13		Easter Mon	11			15		
Tue	14			11			17			14			12			16		
Wed	15			12			18			15			13			17		
Thu	16			13			19			16			14			18		
Fri	17			14			20			17			15		UTA 22km	19		
Sat	18	B3		15	B3		21	B3		18	B3		16	B3	UTA 50 / 100	20	B3	
Sun	19			16			22			19		Wollongong Tri (Std)	17	SMH Half		21		
Mon	20			17			23			20			18			22		
Tue	21			18			24			21			19			23		
Wed	22			19			25			22			20			24		
Thu	23			20			26			23			21			25		
Fri	24			21			27			24			22			26		
Sat	25	B4		22	B4		28	B4		25	B4	Anzac Day	23	B4	C.Champs Forster	27	B4	
Sun	26	Audax Alpine Classic	Aust Day	23		Geelong 70.3	29			26			24			28		
Mon	27			24			30			27			25			29		
Tue	28			25			31			28			26			30		
Wed	29			26						29			27					
Thu	30			27						30			28					
Fri	31			28									29					
Sat				29	B5	Huski Sprint							30	B5				
Sun													31					
Mon																		
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

Code	Description	Link
B1	McCarrs / Mona / Narrabeen return	https://www.strava.com/routes/19880043
B2	Gorges	http://www.mapmyride.com/routes/view/64088894
B3	McCarrs, West Head, Akuna, Duffys	http://www.mapmyride.com/routes/view/65014948
B4	Bobbo & Brooklyn Bridge	http://www.mapmyride.com/routes/view/66109072
B5	Ride to Manly	http://www.mapmyride.com/routes/view/135425245

Swim / Run

R1	Swim / Run session in morning, location TBC (northern Beaches)
TTS +Kids	1hour run, either coastal or bush, location TBC (Mornings)
TTS L&S	Normal TTS & Kids Biathlon
TTS Rev	TTS Long and Short course
TTS Dua	TTS or Reverse TBD
Rev TTS	TTS Duathlon
	Reverse TTS

Colour Key

	Club Training
	Interclub Champ Races