

Northern Suburbs Triathlon Club Training Calendar 2016/17

Phase	Base		Pre Competition		Competition 1		Recov	
	July 2016	August 2016	September 2016	October 2016	November 2016	December 2016		
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday	01	05	02			04		02
Saturday	02 B1	06 B1	03 B1	01 B1		05 B1		03 B1
Sunday	03 Hills Duathlon Series R2 Calga TT	07 Calga TT	04 Calga TT Ironman 70.3 World Champs Fathers Day	02 Calga TT		06 Calga TT Sri Chinmoy Triple Tri Off-Road MTS - Manly Dam Swim/Run Session		04 IM Busselton Calga TT
Monday	04	08	05	03	Labour Day	07		05
Tuesday	05	09	06	04		08		06
Wednesday	06	10	07	05		09		07
Thursday	07	11	08	06		10		08
Friday	08	12	09	07		11		09
Saturday	09 B2	13 B2	10 B2	08 B2	TTS - Triathlon & Kids Biathlon	12		10 B2 NSTC Christmas Party TTS & Kids Biathlon & BBQ Dinner
Sunday	10 Kiama Coastal Classic (Elite Energy) Syd Harbour 10k Go-Series Duathlon	14 MTS Biggest Club Run & BBQ Breakfast City 2 Surf	11 MTS - Narrabeen Run Session	09		13 Wyong Triathlon Challenge Shepparton		11 Triple Edge T3X Canberra Endurance Triathlon Ironman 70.3 Ballarat
Monday	11	15	12	10		14		12
Tuesday	12	16	13	11		15		13
Wednesday	13	17	14	12		16		14
Thursday	14	18	15	13		17		15
Friday	15	19	16	14		18		16
Saturday	16 B3	20 B3	17 B3	15 B3	Forster Triathlon Festival	19 B3		17 B3
Sunday	17 TTS - Duathlon	21 Husky Half Running Festival TTS - Indoor Triathlon	18 Blackmores Running Festival	16	Forster Triathlon Festival	20 Husky I TTS - Triathlon & Kids Biathlon		18 MTS - Northern Beaches Biathlon Palm to Manly
Monday	18	22	19	17		21		19
Tuesday	19	23	20	18		22		20
Wednesday	20	24	21	19		23		21
Thursday	21	25	22	20		24		22 Christmas
Friday	22	26	23	21		25		23 Boxing Day
Saturday	23 B4	27 B4	24 B4	22 B4	Hawks Nest Triathlon	26 B4		24 B4
Sunday	24 Sydney Duathlon Go-Series Duathlon	28 Pub 2 Pub Go-Series Duathlon Hills Duathlon	25 Sri Chinmoy Canberra Trail Ultra TTS - Reverse Triathlon & Kids Biathlon	23	Nepean Triathlon Nepean Triathlon Bowral Classic Bike Ride	27 70.3 Western Sydney		25 Boxing Day
Monday	25	29	26	24		28		26
Tuesday	26	30	27	25		29		27
Wednesday	27	31	28	26		30		28
Thursday	28		29	27				29
Friday	29		30	28				30
Saturday	30 B5	03	01	29	B5 or B3 Husky I Triathlon Festival	03		31 Katoomba Ride
Sunday	31 Rapha Women's 100km	04	02	30	MTS - Biggest Club Ride & BBQ Breakfast	04		01
Monday				31				
Tuesday								

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 2016/17

Phase	Pre Competition / Competition 2												Recovery			Base			
	January 2017			February 2017			March 2017			April 2017			May 2017			June 2017			
Sunday	01	New Years Day																	
Monday	02																		
Tuesday	03																		
Wednesday	04			01			01												
Thursday	05			02			02										01		
Friday	06			03			03										02		
Saturday	07	B1		04	B1	Aust. Alpine Ascent	04	B1	Wollongong Triathlon Festival	01	B1	C.Champs	06	B1	Womens Tri Penrith	03	B1		
Sunday	08	Calga TT	NSTC Alpine Escape	05	Calga TT	Kurnell 3	05	Calga TT	Wollongong Triathlon Festival	02	Calga TT		07	Mother's Day Classic Calga TT	IM Port Macquarie	04	MTS - Calga NSTC ITT Champs		
Monday	09			06			06			03			08			05			
Tuesday	10			07			07			04			09			06			
Wednesday	11			08			08			05			10			07			
Thursday	12			09			09			06			11			08			
Friday	13			10			10			07			12			09			
Saturday	14	B2			11	B2		11	B2		08	B2		13	B2		10	B2	
Sunday	15	Nowra Triathlon Festival		12			12	Falls Creek 3 Peaks Challenge	TTS - Triathlon & Kids Biathlon	09	Challenge Melbourne	Bateman's Bay Triathlon Festival	14	SMH Half Marathon		11	IM Cairns		
Monday	16			13			13			10			15			12	Q B'day		
Tuesday	17			14			14			11			16			13			
Wednesday	18			15			15			12			17			14			
Thursday	19			16			16			13			18			15			
Friday	20			17			17			14			19			16			
Saturday	21	B3		18	B3	Huski Sprint	18	B3	Thredbo Tri	15	B3		20	B3	Port Stephens Triathlon Festival	17	B3		
Sunday	22	Kurnell 2		19	Geelong 70.3	Huski Long Course	19	Kurnell 5		16	MTS - Biggest Club Swim Manly		21			18			
Monday	23			20			20			17			22			19			
Tuesday	24			21			21			18			23			20			
Wednesday	25			22			22			19			24			21			
Thursday	26			23			23			20			25			22			
Friday	27			24			24	Easter		21			26			23			
Saturday	28	B4	Audax Alpine Classic	25	B4		25	B4		22	B4		27	B4		24	B4		
Sunday	29	Canberra Triathlon Festival	TTS - Triathlon & Kids Biathlon	26	TTS - Off Road Triathlon (tbc)		26			23	Penrith 6 Sprint Series		28	TTS - Triathlon		25	TTS - Duathlon		
Monday	30			27			27	Easter		24	Anzac Day		29			26			
Tuesday	31	Aust Day		28			28			25			30			27			
Wednesday				29			29			26			31			28			
Thursday				30			30			27						29			
Friday				31			31			28						30			
Saturday	04			04			04			29	B5 or B3		03			01			
Sunday	05			05			05			30			04			02			
Monday																			
Tuesday																			

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](#)
[Nespean](#)
[Ironman Australia](#)
[Hills Duathlon Series](#)