

Day/Time	Morning Session	Afternoon Session
Saturday		Arrival
Sunday	Bike (20-30km)	Pool Swim (30mins)
Monday	Pool Swim (30mins)	Easy run 3-5km
Tuesday	Run (Track)	Open Water (15-30mins)
Wednesday	Bike to Lake (40km - optional) + Open Water + Picnic	
Thursday	Bike (10 mile TT)	Core Workout and/or Pool Swim (30mins)
Friday	Tri-Topia Mini Tri	Recovery spin 20-30km (coffee+cake)
Saturday	Departure	