

<b>Day/Time</b>	<b>Morning Session</b>	<b>Afternoon Session</b>
<b>Saturday</b>		Arrival
<b>Sunday</b>	Bike (40km)	Pool Swim (1hr)
<b>Monday</b>	Pool Swim (1hr)	Bike (40-70km) + Brick Run
<b>Tuesday</b>	Run (Track)	Open Water (30mins) + Optional second Run (8km)
<b>Wednesday</b>	Bike to Lake (80-100km) + Open Water + Picnic	
<b>Thursday</b>	Bike (10 mile TT + 30km)	Core Workout + Pool Swim (1hr)
<b>Friday</b>	Tri-Topia Mini Tri	Recovery spin 30-50km (coffee+cake)
<b>Saturday</b>	Departure	