

RAF TRIATHLON TRAINING WEEKEND – TRAINING SCHEDULE

FRIDAY 16 FEB 07				
Time	Activity	Location	Equipment required	Comments Coach
1700 onwards	Arrival for those requiring Friday accommodation	Report to Guardroom for directions to Home for Sport bunks above Sheik Hamed Gym and door access codes	None	Bag some extra training or a social? Both?!
SATURDAY 17 FEB 07				
0900	Intro & Welcome	Qaboos	Self	Brad Goggin
0930	Core Stability	Qaboos	Training Clothes	Roy Brunning
1030	Proprioception	Qaboos	Training Clothes	Brad Goggin
1100	Running	X-Country	Running Gear	Pete Daulby
1200 - 1400	Swim Technique	Pool	Pool toys of choice	Brad Goggin, John Crewe + others
1430 - 1630	Swimming debrief & Presentation	Qaboos	Self	John Crewe Brad Goggin (Poss 2 groups)
1630	Food	Qaboos	Self	
1700	AGM	Qaboos	Self	All welcome
1800	Evening meal (Optional)	TBD	Self	All welcome

**ANNEX B TO
RAFTRI/SEC/2007
DATED 23 JAN 07**

SUNDAY 18 FEB 07				
Time	Activity	Location	Equipment required	Comments
0900	Long Bike	Qaboos	Bike. Helmet. Snacks	Brad Goggin Roy Brunning Pete Daulby
1130	Tri-Gym Circuit (tbc)	Local area/Sheik Hamed Gym	Indoor gym kit	Simon Almond (tbc)
1230	Lunch			
1400 - 1600	Swim Technique	Pool	Swim toys	Brad Roy JC
1630	Wash up	Qaboos	Self	Brad Goggin
1700	Depart			