

Half Iron Man Training Squad For Women



Come join us as we prepare for the Busselton ½ Iron man – 1st May 2010

12 weeks – 7 sessions each week

Nutrition sessions – training and race nutrition for training and race day

Monthly programs, Bike maintenance

Commence Monday 1st February

Applications close – Friday 22nd January

Conducted by Robyn Scott (BPE dip Ed, level 1 triathlon coach,
7 x top 5 finisher WA ½ Ironman, Age group Podium World Long Course 2009)

Contact Robyn on 0439965421 or training@primetime.net.au for more details



Session Times:

- Monday : Swim 7-8pm (Beatty Park)
- Tuesday: Windtrainer.6-7am (West Leederville PS)
- Thursday : Cycle – 5.30-7.00am (Riders Choice Leederville)
- Thursday : Track run 6-7pm UWA Sports Park
- Friday: Open Water Swim 6.00am (Cottesloe Beach)
- Saturday: Long Ride 6am (Riders Choice Leederville)
- Sunday: Long run 5pm (WAMC Burswood)

NEW FOR 2010 – Training Camp at Busselton 27th and 28th March