

Stadium Triathlon Club Presents

Novice Triathlon Training 10-Week Course

Commencing January 21



Program Outline: This is a 10 week program aimed to improve your confidence and competence within Triathlons.

4 sessions per week, focussing on both skill and fitness improvements;

Swimming: (Challenge Stadium) **Tue 7pm or Thur 7pm**

Running: (Various) **Mon 5.45pm or Fri 6am**

Cycling: (Challenge Stadium) **Wed 6am**

Brick (Cycling and Running; Various Locations) **Saturday 7am**



**To Register
Click [HERE](#)**

Stadium Triathlon Club

**For more information,
contact:**

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How much is it? *

STC Members \$370 / Non Members \$430

* Discount for returning athletes

* Does not include pool entry fees