GroWings Coaching

Group Training 18th - 23rd January					
Day	**Date**	**Time**	**Training**	**Comments**	**Coach**
Monday	18th January	7:00 AM	S and C Al barsha park 1	Functional training to support the Triathlete body AED 30 per session.	Barbara
Monday	18th January	7:00 AM	Openwater swim Kite beach	This will be a combination of openwater technique and endurance swimming.	Trace
Tuesday	19th January	5:55 AM 7:00 AM	Swimfit Horizon Int School	AED 50 per session (the price of swimfit is based on the T's and C's of the venue)	Trace
Tuesday	19th January	7:00 - 8:00 am	Bike with Barbara DXB Bike	Bike skills and interval session AED 50/session for non-GW coached athletes	Barbara
Wednesday	20th January	6:30 - 7:30 AM	Interval running Waitrose	Intervals will be planned according to your race goals and ability. We will also include run drills and coach run form. AED 50/ session non- GW coached athletes.	Trace
Wednesday	20th January	7:30 - 8:00am	Suspension (TRX) training Waitrose	Straight off the back of the interval run. This is short session, targeting critical areas for Triathletes. Please bring your own TRX (or similar device) and exercise mat.	Trace
Thursday	21st January	6:20 AM	Short sea swim and run Kite beach	This is a warm up session for RAK triathlon	Trace
Saturday	23rd January	7:00 AM	Openwater swim Kite beach		Barbara