

**Growings coaching Training Weekend Away.**

**16th – 18th July**

**16th July (Thurs)**

Arrive at leisure.

5:30 – 6:30 pm: For those already there, we will do a sea swim and run.

7:00 pm: For those who have already arrived – group dinner.

**17th July (Fri)**

5:00 am – 8:00 am Meet at security gate for a bike ride. Different abilities will be set off at different times and we will have support vehicles for this ride.

9:30 - 10:30 am Possible S and C session or Coaches Q and A.

10:30 - 5:30 pm At leisure

5: 30 - 6:30 pm Sea swim and run

7:30 pm Group Dinner

**18th July (Sat)**

5:30 am **Triple Super Sprint Triathlon**. This will be adjusted based on individual abilities.

9:00 am Group Breakfast and departure at leisure.

**Cost (Payable at check in):**

AED 500 per person sharing and AED 700 for single occupancy inclusive of service charge and taxes.

This includes: 2 nights’ accommodation, dinner, breakfast, course support, coaching and organisation.

Equipment needed:

Swim wear/ tri-suits; goggles, swim cap (optional); cycling kit or tri-suits, bike, helmet, hydration and nutrition for the bike course, spare tubes, C02 cannister or hand held pump, cycling shoes, running kit or tri -suit, running shoes. Extra workout clothes, leisure wear. A sense of fun and adventure.