

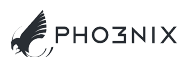
ENTICER & SUPER SPRINT - 4 WEEK BEGINNERS PLAN

Enticer: 300m Swim / 10km Bike / 2km Run • Super Sprint: 400m Swim / 15km Bike / 4km Run

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Build	Rest	Swim 6x50m easy (rest as needed) Run 15min easy	Bike 20min steady	Swim 6x50m technique (rest as needed) Run 15min easy	Rest	Bike 25min steady	Bike 15min followed by Run 10min
Week 2 Build	Rest	Swim 7x50m (rest as needed) Run 18min	Bike 25min steady	Swim 7x50m (rest as needed) Run 15min	Rest	Bike 30min followed by Run 10min	Run 20min easy
Week 3 Peak	Rest	Swim 4x100m Run 20min	Bike 30min	Swim 3x100m+50m Run 18min	Rest	Bike 35min followed by Run 12min	Run 25min easy
Week 4 Race Week	Rest	Swim 1x200m easy Run 10min easy	Bike 15min easy	Swim 100m+50m easy Run 8min easy	Rest Check gear	Swim 100m+50m Bike 10min Run 5min (shakeout)	RACE DAY! QTS!

Tips for the month ahead: Rest days are part of training - don't skip them. Keep swims and runs at an easy, conversational pace unless noted. Practice riding straight off the bike into a run at least twice before race day. Practice your transitions. Race week is about staying fresh. Lay out your kit the night before and have a great day! Note: the QTS swim is open water, not a pool - if you can, get in one open-water practice swim before race day. If you miss a session, don't worry - just get to the next one you can.

OUR PARTNERS



FREQUENTLY ASKED QUESTIONS

I've entered - what happens now?

Your race number (eKit) and event information email are sent out on the Thursday of race week. Read through it and keep an eye on our social media for updates.

How do I collect my race pack?

Save a screenshot of your race number and bring it with you to Check-In. If you haven't received it, check the alphabetical list at the event site or ask at the Help Desk.

What do I need to bring?

Swim: goggles, swimsuit/tri-suit (cap & timing chip provided). Bike: bike, helmet, shoes, pump, spare tube (optional), drink bottle. Run: running shoes, socks, hat/sunglasses, race belt or pins (bib provided).

What should I leave at home?

Headphones. For safety you need to be able to hear marshals and volunteers at all times - headphones will be removed if seen on course.

How does the swim work?

This is an open water swim, not a pool - a deepwater start off the pontoon, one anticlockwise lap. If you're a slow or less confident swimmer, start toward the back. Raise a hand for a lifeguard if you need help.

How does transition work?

Find your allocated bike rack and set your gear up on the chain side of your bike. Only competitors are allowed in transition (one parent per child for kids' events during setup/pack-down only).

How does the bike leg work?

Roads are closed for the bike leg, but stay alert for official and emergency vehicles. Keep left unless overtaking - non-drafting event. Helmet must be on and done up before you touch your bike, and stay on until it's racked.

How does the run work?

Keep left on the run course unless overtaking, and make use of the drink stations along the way. Your upper torso must be covered at all times during the run.

Is there a road closure I should know about?

Yes - roads around the venue close ahead of race start and reopen once the bike and run course clears. Check the event manual for full closure times and plan your parking around them.

Where do I park?

Street parking is available around the venue (check signage for timing restrictions), plus a nearby car park. Please don't park in areas that form part of the course - these are strict no-parking zones on race day.

I'm new to triathlon - is there help available?

Yes! Come along to the optional Tips & Tricks session at Check-In the day before your event. It walks you through everything step by step and gives you a chance to ask questions.

Will there be event photos?

Yes, event photography is provided at every event. A link to your photos will be emailed to you after the race.

OUR PARTNERS

