

LONG COURSE - 4 WEEK TRAINING PLAN

300m Swim / 9km Bike / 3km Run - adjust times to suit your fitness.

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! Tri Pink!

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! If you want to do more, add some walking or combine with some yoga or stretching. If you miss a session, don't worry - just get to the next one you can.

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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 should I wear?

Whatever you're most comfortable and confident in! Most Pinkies wear a swimsuit in the pool (often with a supportive bra or extra top underneath), then add clothing like pants or a singlet for the bike and run.

What do I need to bring?

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

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?

Enter the pool one at a time and swim around the buoys in a zig-zag. Line up with friends to start together, and slower swimmers can start toward the back. Raise a hand for a lifeguard if you need help - you can hold the wall to rest or swim with a pool noodle for buoyancy.

How does transition work?

Transition is where you rack your bike and change between swim/bike/run. Set your gear up on the chain side of your bike. Only competitors are allowed in transition during the event (one parent per child for kids' events during setup/pack-down).

How does the bike leg work?

After your swim, put your helmet on and walk your bike to the mount line - no riding in transition. Once past the mount line, ride your allocated laps, stay single file, keep left, and make sure your helmet's done up.

How does the run work?

Walk your bike back to transition, rack it, remove your helmet, then head out for your run laps. Drink stations are on course - keep left at all times unless overtaking.

Is there a cut-off time?

Yes - the bike leg has a cut-off time on the day. If you haven't finished biking by then, you'll be asked to head straight out onto the run. You'll still be eligible to finish and collect a medal.

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

Yes! Come along to the optional Tips & Tricks Clinic 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.

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