PHOENIX QEMETICA | QTS QUEENSLAND TRI SERIES

CLUB DISTANCE - SPRINT DISTANCE STARTER PLAN

Club Distance: 800m Swim / 25km Bike / 6km Run • Sprint Distance: 750m Swim / 20-24km Bike / 5km Run

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Build	**Rest**	**Swim** 6x100m easy (rest as needed) **Run** 23min easy	**Bike** 40min steady	**Swim** 6x100m technique (rest as needed) **Run** 23min easy	**Rest**	**Bike** 50min steady	**Bike** 30min followed by **Run** 15min
Week 2 Build	**Rest**	**Swim** 7x100m (rest as needed) **Run** 27min	**Bike** 50min steady	**Swim** 7x100m (rest as needed) **Run** 23min	**Rest**	**Bike** 60min followed by **Run** 15min	**Run** 30min easy
Week 3 Peak	**Rest**	**Swim** 4x200m **Run** 30min	**Bike** 60min	**Swim** 3x200m+100m **Run** 27min	**Rest**	**Bike** 70min followed by **Run** 18min	**Run** 38min easy
Week 4 Race Week	**Rest**	**Swim** 1x400m easy **Run** 15min easy	**Bike** 30min easy	**Swim** 200m+100m easy **Run** 12min easy	**Rest** **Check gear**	**Swim** 200m+100m **Bike** 20min **Run** 8min (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.

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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 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.

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