**ATU TRIATHLON CAMP HARARE 2020**

**HEAD COACHES PAMELA FULTON & RIANA ROBERTSON**

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| **DATE** | **TIME** | **PLACE** | **EVENT** |
| **SUNDAY**  16/2/20 | ALL DAY | DAISY GUEST HOUSE | ARRIVAL OF ATHLETES  AND ASSEMBLE BIKES |
| SUNDAY | 7:00PM | DAISY GUEST HOUSE | DINNER |
| SUNDAY | 7:45PM | DAISY GUEST HOUSE | WELCOME BY HEAD COACHES  PAMELA FULTON &  RIANA ROBERTSON |
| **MONDAY**  17/2/20 | 7:30AM | DAISY GUEST HOUSE | BREAKFAST |
| MONDAY | 8:15AM | DAISY GUEST HOUSE | DEPART FOR INNOVATE SPORT AND HEALTH |
| MONDAY | 9:00AM | INNOVATE SPORT AND HEALTH | CORE/STRETCH SESSION  DEBBIE JEANS |
| MONDAY | 10:30AM | INNOVATE SPORT AND HEALTH | SWIM SESSION  RIANA ROBERTSON |
| MONDAY | 12:00PM | INNOVATE SPORT AND HEALTH | PACKED LUNCH |
| MONDAY | 1:00PM | INNOVATE SPORT AND HEALTH | FIRST AID SESSION  DR AUSTIN JEANS |
| MONDAY | 2:45PM | SSL  SPORT SCIENCE LAB | DRILLS/RUN  KEEGAN COOKE |
| MONDAY | 7:00PM | DAISY GUEST HOUSE | DINNER |
| MONDAY | 7:30PM | DAISY GUEST HOUSE | COACHES MEETING |
| **TUESDAY**  18/2/20 | 7:00AM | DAISY GUEST HOUSE | BREAKFAST |
| TUESDAY | 7:30AM | DAISY GUEST HOUSE | LOAD BIKES |
| TUESDAY | 8:15AM | DAISY GUEST HOUSE | DEPART FOR DONNYBROOK TRACK |
| TUESDAY | 9:15AM | DONNYBROOK | CYCLE SESSION  GIDEON BENADE |
| TUESDAY | 12:00PM | DAISY GUEST HOUSE | WADA LECTURE  DR AUSTIN JEANS |
| TUESDAY | 1:00PM | DAISY GUEST HOUSE | LUNCH |
| TUESDAY | 1:45PM | DAISY GUEST HOUSE | MOTIVATIONAL LECTURE  DEBBIE JEANS |
| TUESDAY | 2:30PM | DAISY GUEST HOUSE | DEPART FOR MOUNT PLEASANT POOL |
| TUESDAY | 3:30PM | MOUNT PLEASANT MUNICIPAL POOL | SWIM OPEN WATER  PAMELA FULTON |
| TUESDAY | 7:00PM | DAISY GUEST HOUSE | DINNER |
| TUESDAY | 7:30PM | DIASY GUEST HOUSE | COACHES MEETING |
| **WEDNESDAY**  19/2/20 | 7:30AM | DAISY GUEST HOUSE | BREAKFAST |
| WEDNESDAY | 8:15AM | DAISY GUEST HOUSE | DEPART FOR SSL |
| WEDNESDAY | 9:00AM | SSL  SPORT SCIENCE LAB | GYM SESSION  KEEGAN COOKE |
| WEDNESDAY | 10:30AM | SSL  SPORT SCIENCE LAB | RUN  KEEGAN COOKE |
| WEDNESDAY | 1:00pm | DAISY GUEST HOUSE | LUNCH |
| WEDNESDAY | 2:00PM | DAISY GUEST HOUSE | FACING THE MEDIA  DIRK VILJOEN |
| WEDNESDAY |  | DAISY GUEST HOUSE | PACK BIKES AND BAGS  FREE AFTERNOON |
| WEDNESDAY | 6:00PM | DAISY GUEST HOUSE | DINNER BRAAI |
| WEDNESDAY | 7:30PM | DAISY GUEST HOUSE | COACHES MEETING |
| **THURSDAY**  20/2/20 | 7:15AM | DAISY GUEST HOUSE | BREAKFAST |
| THURSDAY | 8:15AM | DAISY GUEST HOUSE | DEPART FOR INNOVATE GYM |
| THURSDAY | 9:00AM | INNOVATE SPORT AND HEALTH | SWIM  RIANA ROBERTSON &  PAMELA FULTON |
| THURSDAY |  | DAISY GUEST HOUSE | DEPART FOR TROUTBECK |