**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 ATHLETESAND ASSEMBLE BIKES |
| SUNDAY | 7:00PM | DAISY GUEST HOUSE | DINNER |
| SUNDAY | 7:45PM | DAISY GUEST HOUSE | WELCOME BY HEAD COACHESPAMELA 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 SESSIONDEBBIE JEANS |
| MONDAY | 10:30AM | INNOVATE SPORT AND HEALTH | SWIM SESSIONRIANA ROBERTSON |
| MONDAY | 12:00PM | INNOVATE SPORT AND HEALTH | PACKED LUNCH |
| MONDAY | 1:00PM | INNOVATE SPORT AND HEALTH  | FIRST AID SESSIONDR AUSTIN JEANS |
| MONDAY | 2:45PM | SSLSPORT SCIENCE LAB | DRILLS/RUNKEEGAN 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 SESSIONGIDEON 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 LECTUREDEBBIE JEANS |
| TUESDAY | 2:30PM | DAISY GUEST HOUSE | DEPART FOR MOUNT PLEASANT POOL |
| TUESDAY | 3:30PM | MOUNT PLEASANT MUNICIPAL POOL | SWIM OPEN WATERPAMELA 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 | SSLSPORT SCIENCE LAB | GYM SESSIONKEEGAN COOKE |
| WEDNESDAY | 10:30AM | SSLSPORT SCIENCE LAB | RUNKEEGAN COOKE |
| WEDNESDAY | 1:00pm | DAISY GUEST HOUSE | LUNCH |
| WEDNESDAY | 2:00PM | DAISY GUEST HOUSE | FACING THE MEDIADIRK VILJOEN |
| WEDNESDAY |  | DAISY GUEST HOUSE | PACK BIKES AND BAGSFREE 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 |