

	Thurs 28th	Friday 29th	Sat 30th	Sun 01	Mon 02	Tues 03	Wed 04
AM	Arrival of Athletes, coaches and facilitators	Swim session and Main Theory	Equipment Session and Main Theory	Arrival Classifiers Bike Session and Main Theory	Classification Course Athlete training	Classification Course Run Session and Theory	TRI Classification Transition Session and Theory
Midday					Classification Course	Classification Course	
PM		Additional training session Additional Main Theory session	Additional training session Additional Main Theory session	Additional training session Additional Main Theory session	Additional training session Additional Main Theory session	Classification Course Additional training session Additional Theory	Classification Course Additional training session

Classification Course	
Date	02 & 03 October 2023
Classifiers to arrive on 01/10/2023, accomadation required for 3 nights	
Venue	Rio Maior Auditorium, this need to be booked in advance with Claudia
Accomadation	Participants may have to avail of Hotels in Rio Maior town due to occupancy of the sports complex

MAX capacity for 30 people at Rio Maoir sport complex

10 Day Race package			
Arrival on 28th September with Dept on 08 October			
Room Type	Full Board	Half board	Breakfast only
Double	€790 pps	€645 pps	€500 pps
Single	€830 pps	€685 pps	€540 pps

8 Day Standard package		
Arrival on 28th of September with Dept on th		
Room Type	Full Board	Half board
Double	€632 pps	€516pps
Single	€664 pps	548pps

Athletes need to train everyday - Priority course work to be planned in alignment with athletes training plans
Spread Swim, Bike, Run and Transition in 4 days with their practical and theoretical sessions

Swimming pool unavailable 5:45am to 8am due to Club swim session

Meal times	
Breakfast	7-10:30
Open Lunch (if part of athletes package)	12-2pm
Group Dinner	19:30

Thurs 05	Friday 06	Saturday 07
TRI Classification General recap and summary session	Race Familiarizations Alhandra BRIEFING	Alhandra WPC
Additional training session		Departure of some athletes

e 06 Oct
Breakfast only
€400 pps
€432 pps