

January 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31					1
2	3 Contact Triseries Race 2: Whangamata	4 Club Night Pilot Bay 6pm Long swim, ½ course. Talk about race tactics Nervous novices, Triathlon practice – Iris & club members	5	6	7 Port of Tauranga Half IM	8
9	10	11 Club Night Pilot Bay 6pm AQUATHON No3 Long & short distance – Brad & Kathy Nervous novices, Triathlon practice – Iris & club members	12	13	14 Moehau Multisport, Coromandel	15 Contact Triseries Race 3: Christchurch
16	17	18 Club Night Pilot Bay 6pm AQUATHON No4 Long & short distance – Brad & Kathy Nervous novices, Triathlon practice – Iris & club members	19	20 Contact Triseries Race 4: Wanaka	21 Challenge Wanaka	22 Contact TriWoman Series, Pt Chev, AKL
23	24	25 Club Night Pilot Bay 6pm Nervous novices, Triathlon practice – Iris & club members Nervous novices, Triathlon practice – Iris & club members	26	27	28 Taranaki Cycle Challenge Blue Lake Mutisport Festival, Rotorua	29 State Ocean swim, Wellington Blue Lake Mutisport Festival, Rotorua Contact TriWoman Series, New Ply

**** The nervous novices is to be run it as an introduction series to our sport, any gender or age. ****

February 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Club Night Pilot Bay 6pm Run Intervals, Interval training, personal pacing - Brad	2	3	4	5 Contact Triseries Race 5: Kinloch UCAN2 #1 - Mount
6	7	8 Club Night The Lakes 6pm Bike strength session with some hill reps - Brad	9	10	11	12 New Plymouth Half IM Contact TriWoman Series, Narrow Neck, Akl
13	14	15 Club Night Pilot Bay 6pm Club Aquathon Champs. 3km run/1km swim/3km run - Kathy	16	17	18 Great Lake Relay, Taupo	19 OHOPE TRI Contact Triseries Race 6: Takapuna State Ocean swim, Akaroa Real Womens Duathlon, Mount
20	21	22 Club Night The Lakes 6pm Bike & run session - Kathy	23	24	25 4.2km across Lake Taupo swim	26
27	28	29 Club Night Pilot Bay 6pm Run to the top of the Mount. Hill running technique - Brad				



March 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3 Ironman NZ, Taupo Contact TriWoman Series, Rotorua	4 Off-road Half Marathon, Rotorua
5	6	7 Club Night The Lakes 6pm Bike TT. How to improve your bike splits - Tim	8	9	10 Contact Triseries Race 7: Wellington State Sand to Surf, Mt Maunganui	11 Panasonic Tri, Maraetai Akl UCAN2 #2 - Mount
12	13	14 Club Night Pilot Bay 6pm Aquathon. Handicap start times – Paul & Kathy	15	16	17 Contact TriWoman Series, Wellington	18 Contact TriWoman Series, Palmerston North
19	20	21 Club Night Pilot Bay 6pm 5 or 9km run, focus on form & dynamic stretching – Brad.	22	23 Mooloolaba Tri Festival	24 Akid Half IM, Kawakawa Bay Mooloolaba Tri Festival	25 Marra Mauao Sprint Triathlon Mooloolaba Tri Festival Ironman Melbourne
26	27	28 Club Night Pilot Bay 6pm Social run followed by drinks & chat.	29	30	31 State King of the Bays swim, North Shore 100km Flyer, Rotorua – Taupo Ohope Half Marathon	



April 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1 Daylight Savings ends Weetbix TRYathlon, Tauranga Real Womens Duathlon, Rotrua
2	3	4	5	6	7	8
9	10	11	12	13	14 Xterra, Blue Lake Rotorua	15
16	17	18	19	20	21	22 Panasonic Tri, Mission Bay Akl Contact TriWoman Series, Pt Chev Akl
23	24	25	26	27	28 Rotorua Marathon	29