

MUBADALA TRIATHLON ACADEMY 8-WEEK SUPER SPRINT TRAINING PROGRAMME

Note: This 8-week programme is based off a 5-day training week. Feel free to complete the sessions on the days and times that suit you best. It is important however that you have two full days of rest each week.

WEEK 1

Session 1	Session 2	Session 3	Session 4	Session 5
Low intensity bike	Run / Walk	Swim	Bike Intervals	Open Water Swim

SESSION 1

Session Focus: Low intensity aerobic bike ride
Session Details: 45-60 minute low intensity (easy) bike ride
Session Notes: We begin the start of our 8-week training programme with a 45-60 minute cycle. The aim of this session is for you to familiarize yourself with being back on a bike again, understand how your gears are working and get comfortable with your new cycle route. This should be an easy cycle and therefore you should not feel drained once the session has finished.

We encourage you to join our coach led group cycle at Al Hudayriyat Island at 6pm, Monday 26th September.

SESSION 2

Session Focus: Run/walk at conversational pace
Session Details: 15 minute low intensity (easy) run or walk
Session Notes: Today is an opportunity to dust off your running shoes as you head out for a 15-minute run or walk. Remember this is only week 1 of an 8-week programme where we will be building up the distance/duration over time. If you would like to mix between walking and running that is also great. Remember we want to feel trained not drained - this is only day 2.

SESSION 3

Session Focus: Swimming intervals
Session Details: Warm Up:
 Part A - Controlled pace
 4 x 25m freestyle | Rest 15 seconds between each 25m interval

Part B - Speed Focus

4 x 50m

You will complete this as: 25m at a fast pace | 25m at an easy pace | Rest 15 seconds

Main Set

Complete all of the below with a pull buoy. There is a 15 second rest per interval e.g., Swim 50m rest 15 seconds x 3 sets, then swim 25m rest 15 seconds x 3 sets etc.

3 x 50m

3 x 25m

2 x 50m

2 x 25m

1 x 50m

1 x 25m

Cool Down - 50m at an easy pace

Session Notes:

Today we familiarize ourselves with being back in the water. This may be fairly challenging session for some people today and therefore if you need to increase the rest periods slightly then feel free to do so. This session will help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). For the main part of today's session, we are using a pull buoy. The pull buoy helps to keep our heart rate low while working upper body muscles.

SESSION 4

Session focus:

Bike intervals

Session Details:

Warm Up: 10 mins gentle cycle

Main Set - 2 x 23mins as:

4 x 30 second sprint

Rest 45 seconds between each sprint

3 x 1 minute sprint

Rest 1 minute between each sprint

2 x 2 minute sprints

Rest 1 minute between each sprint

1 x 3 minute sprint

Rest 3 minutes before the cool down

(After resting for 3 minutes repeat the above again)

Cool Down 10 min cycle at an easy pace

Session Notes: The main focus here is on sprints in order to improve your fast twitch muscles and ability to recover quicker between intervals. This will be key on race day as you will need to sprint out of each corner on each of the U-turns. Do your best to cycle as hard as you can when sprinting whilst managing to stick to the prescribed rest periods.

SESSION 5

Session Focus: Open Water Swim

Session Details: 200m Open Water Swim

Session Notes: Today we take on our first open water swim and therefore you will need to find a sectioned off beach such as Al Hudayriyat where you can perform this session. For this session break up the swim as needed e.g., swim 10 strokes, take a rest, swim another 10 strokes, take a rest etc. The main focus is to familiarize yourself with being in the sea/lake and becoming comfortable with being there!

WEEK 2

Session 1	Session 2	Session 3	Session 4	Session 5
Low Intensity Bike Ride	Low Intensity Run / + Intervals	Swimming	Bike Intervals	Open Water Swim

SESSION 1

Session Focus: Low intensity aerobic bike ride

Session Details: 45-60 minute low intensity (easy) bike ride

Session Notes: Week 2 begins with another 45-60 minute cycle. Again, this should be an easy cycle for you with the aim of you not feeling drained once the session has finished.
We encourage you to join our coach led group cycle at Al Hudayriyat Island at 6pm on Monday 3rd October.

SESSION 2

Session Focus: Low intensity run + intervals

Session Details: 10 minute easy conversational pace run

Rest 3 minutes

Complete:

6 sets

60 second sprint

60 seconds rest.

5-minute cool down run

Session Notes: Conversational pace is being able to run at a pace that you can hold an ongoing conversation. Make sure to really push on the 60 second sprints, these are to be completed at 100% effort with the goal being to develop top end speed.

SESSION 3

Session Focus: Swimming intervals

Session Details:

Warm Up:

Part A - Controlled pace

4 x 25m freestyle

Rest 15 seconds between each 25m interval

Part B - Speed Focus

4 x 50m

You will complete this as:

25m at a fast pace

25m at an easy pace

Rest 15 seconds

Main Set: Complete the below with a pull buoy. There is a 15 second rest per interval e.g., Swim 50m rest 15 seconds x 3 sets, then swim 25m rest 15 seconds x 3 sets etc.

3 x 50m

3 x 25m

2 x 50m

2 x 25m

1 x 50m

1 x 25m

Cool Down - 50m at an easy pace

Session Notes: This session will help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). For the main part of today's session, we are using a pull buoy. The pull buoy helps to keep our heart rate low while working upper body muscles. Like last week if you need more rest between each interval that is fine.

SESSION 4

Session focus: Bike intervals

Session Details:

Warm Up: 10 mins gentle cycle

Main Set - 2 x 23 minute blocks as below:

4 x 30 second sprint

Rest 45 seconds between each sprint

3 x 1 minute sprint

Rest 1 minute between each sprint

2 x 2 minute sprints

Rest 1 minute between each sprint

1 x 3 minute sprint

Rest 3 minutes before the cool down

(After resting for 3 minutes repeat the above again)

Cool Down: 10 min cycle at an easy pace

Session Notes:

Back to our bike interval session today. The main focus here is on sprints in order to improve your fast twitch muscles and ability to recover quicker between intervals. This will be key on race day as you will need to sprint out of each corner on each of the U-turns. Do your best to cycle as hard as you can when sprinting whilst managing to stick to the prescribed rest periods.

SESSION 5

Session Focus:

Open Water Swim

Session Details:

250m Open Water Swim

Session Notes:

We are now up to a 250m open water swim, an increase of 50m from last week. Like last week break up the swim as needed e.g., swim 10 strokes, take a rest, swim another 10 strokes, take a rest etc. The focus is still on familiarizing yourself with being in the open water and getting comfortable with being there!

WEEK 3

Session 1	Session 2	Session 3	Session 4	Session 5
Low Intensity Bike Ride	Low Intensity Run / + Intervals	Swimming	Bike Intervals	Open Water Swim

SESSION 1

Session Focus:

Low intensity aerobic bike ride

Session Details:

60 minute low intensity (easy) bike ride

Session Notes:

We are now up to a 60-minute cycle for today's session. This session is simply about accumulating time in the seat over a long duration. The second cycle session of the week is the opportunity to increase the speed/intensity.

SESSION 2

Session Focus: Low intensity run + intervals
Session Details: 10 minute easy conversational pace run

Rest 3 minutes

Complete:
6 sets
90 second sprint
90 seconds rest.

5 minute cool down run

Session Notes: Today's session begins with a conversational 10 minute run followed by a series of intervals. The intervals have increased to 90 seconds this week from last week's 60 second efforts. Try to push hard on these 90 second sprints knowing you will immediately rest for 90 seconds. The aim of this is to develop top end speed.

SESSION 3

Session Focus: Swimming intervals
Session Details: Warm Up
6 x 25m freestyle
Rest 20 seconds between each 25m interval

Main Set
Part A (use paddles for this)
4 x 50m freestyle
You will complete this as:
25m at a fast pace
25m at an easy pace
Rest 15 seconds

Once the above 4 sets are completed. Complete 1 x 50m slow pace swim (recovery)

Rest 60 seconds

Part B (use paddles for this)
3 x 50m freestyle
You will complete this as:
25m at a fast pace
25m at an easy pace
Rest 15 seconds

Once the above 3 sets are completed. Complete 1 x 50m slow pace swim (recovery)

Rest 60 seconds before starting part C

Part C (use paddles and pull buoy for this)

2 x 100m freestyle

You will complete this as:

50m at a fast pace

50m at an easy pace

Rest 30 seconds between sets

Cool down - 100m stroke of choice

Session Notes:

If you are struggling to hit the distance on the 100 meter intervals feel free to swap out the pull buoy and pads for some fins which will allow you to get through these a lot easier. If you do not have the equipment mentioned in the session, feel free to complete this all in free style.

SESSION 4

Session focus:

Bike intervals

Session Details:

Warm Up: 10 mins gentle cycle

Main Set - 2 x 23 minute blocks as below:

4 x 30 second sprint

Rest 45 seconds between each sprint

3 x 1 minute sprint

Rest 1 minute between each sprint

2 x 2 minute sprints

Rest 1 minute between each sprint

1 x 3 minute sprint

Rest 3 minutes before the cool down

(After resting for 3 minutes repeat the above again)

Cool Down: 10 min cycle at an easy pace

Session Notes:

Week three of our bike intervals. The key to these sessions is to ensure you are giving everything on your sprint efforts knowing that you can take it easy during the recovery periods.

SESSION 5

Session Focus:

Open Water Swim

Session Details:

300m Open Water Swim

Session Notes:

We are now up to a 300m open water swim, an increase of 50m from last week. Like last week, break up the swim as needed e.g., swim 10 strokes, take a rest, swim another 10 strokes, take a rest etc. The focus is still on familiarizing yourself with being in the open water and getting

comfortable with being there!

WEEK 4

Session 1	Session 2	Session 3	Session 4	Session 5
Low Intensity Bike Ride	Low Intensity Run / + Intervals	Swimming	Bike Intervals	Open Water Swim + Cycle

SESSION 1

Session Focus: Low intensity aerobic bike ride

Session Details: 60 minute low intensity (easy) bike ride

Session Notes: 60 minutes again on the bike today, which should start to feel a little easier. This session is simply about accumulating time in the seat over a long duration. The second cycle session of the week is the opportunity to increase the speed/intensity.

SESSION 2

Session Focus: Low intensity run + intervals

Session Details: 10 minute easy conversational pace run

Rest 2 minutes

Complete:
8 sets
90 second sprint
90 seconds rest.

5 minute cool down run

Session Notes: Today's session begins with a conversational 10 minute run followed by a series of intervals. The intervals have increased to 8 sets from last week's 6 sets. A reminder to push hard on these 90 second sprints knowing you will immediately rest for 90 seconds. Try to record distances covered so you can keep a track for future weeks.

SESSION 3

Session Focus: Swimming intervals

Session Details: Warm Up
6 x 50m freestyle
Rest 20 seconds between each 50m interval

Main Set
Part A (use paddles for this)

4 x 100m freestyle
You will complete this as:
75m at an easy pace
25m at a fast pace
Rest 15 seconds

Once the above 4 sets are completed. Complete 1 x 50m slow pace swim (recovery)

Rest 60 seconds

Part B (use paddles and pull buoy for this)
4 x 50m freestyle
You will complete this as:
25m at an easy pace
25m at a fast pace
Rest 15 seconds

Once the above 4 sets are completed. Complete 1 x 50m slow pace swim (recovery)

Rest 60 seconds before starting part C

Part C (use paddles and pull buoy for this)
4 x 100m freestyle
You will complete this as:
75m at an easy pace
25m at a fast pace
Rest 30 seconds between sets

Cool down - 200m stroke of choice

Session Notes:

Today distances and intervals have increased from last week's session as we are becoming more familiar with being back in the pool. If you feel you need to take extra rest between each 25m lap of the 100m intervals, then feel free to do so. Also, if you are struggling to hit the distance on the 100 meter intervals feel free to swap out the pull buoy and pads for some fins which will allow you to get through these a lot easier. If you do not have the equipment mentioned in the session, feel free to complete this all in freestyle.

SESSION 4

Session focus:

Bike intervals

Session Details:

Warm Up: 10 mins gentle cycle

Main Set

Part A - 2 x 23 minute blocks as below:

4 x 30 second sprint
Rest 45 seconds between each sprint

3 x 1 minute sprint
Rest 1 minute between each sprint

2 x 2 minute sprints
Rest 1 minute between each sprint

1 x 3 minute sprint
Rest 3 minutes before the cool down

(After resting for 3 minutes repeat the above again)

Part B
Complete 8 sets of:
20 second sprint
40 seconds recovery

Cool Down

10 min cycle at an easy pace

Session Notes: Please note an additional section has been added to this week's bike intervals. Have a 3 minute recovery slow cycle before starting Part B. As usual, big effort on the sprint efforts trying to go as hard as possible.

SESSION 5

Session Focus:

Session Details:

Session Notes:

Open Water Swim + Cycle

350m Open Water Swim into a 15 minute easy cycle

We are now up to a 350m open water swim, an increase of 50m from last week. Alongside our swim we are now introducing a 15 minute cycle that you will complete straight after the swim. This is our first opportunity to practice the transition from swim to cycle. Have everything laid out ready to go so that you are not wasting too much time in transition.

WEEK 5

Session 1	Session 2	Session 3	Session 4	Session 5
Low Intensity Bike Ride	Low Intensity Run / + Intervals	Swimming	Bike Intervals	Open Water Swim + Cycle

SESSION 1

Session Focus: Low intensity aerobic bike ride

Session Details: 65 minute low intensity (easy) bike ride
Session Notes: 65 minutes this week on the bike, a 5 minute increase from last week. This session is simply about accumulating time in the seat over a long duration.

SESSION 2

Session Focus: Low intensity run + intervals
Session Details: 10 minute easy conversational pace run
Rest 2 minutes

Complete:
10 sets
90 second sprint
90 seconds rest.

5 minute cool down run

Session Notes: Today's session begins with a conversational 10 minute run followed by a series of intervals. The intervals have increased to 10 sets from last week's 8 sets. A reminder to push hard on these 90 second sprints knowing you will immediately rest for 90 seconds. Try to record distances covered so you can keep a track for future weeks.

SESSION 3

Session Focus: Swimming intervals
Session Details: Warm Up

4 x 50m freestyle
Rest 20 seconds between each 50m interval

4 x 50m freestyle
Complete this as:
25m freestyle fast
25m freestyle easy
Rest 15 seconds between 50m

Main Set

Complete all with pull buoy:

3 x 100m freestyle
3 x 50m freestyle
2 x 100m freestyle
2 x 50m freestyle
1 x 100m freestyle
1 x 50m freestyle
Rest 15 seconds between each interval e.g., swim 100m, rest 15 seconds x 3 sets. Swim 50m, rest 15 seconds x 3 sets

Cool down: 200m stroke of choice

Session Notes: A similar format to week 2 with increased distances and intervals now that we are in week 5 and a little stronger and more confident in the water. The pull buoy helps to keep heart rate low whilst working upper body muscles. As usual feel free to increase rest periods where needed.

SESSION 4

Session focus: Bike intervals

Session Details: Warm Up: 10 mins gentle cycle

Main Set

Part A - 2 x 23 minute blocks as below:

4 x 30 second sprint

Rest 45 seconds between each sprint

3 x 1 minute sprint

Rest 1 minute between each sprint

2 x 2 minute sprints

Rest 1 minute between each sprint

1 x 3 minute sprint

Rest 3 minutes before the cool down

(After resting for 3 minutes repeat the above again)

Part B

Complete 10 sets of:

20 second sprint

40 seconds recovery

Cool Down: 10 min cycle at an easy pace

Session Notes: Interval bike session again this week with intervals on part B increasing from 8 sets to 10 sets. Have a 3 minute recovery, slow cycle before starting Part B. As usual, a big effort is needed during the sprint, trying to go as hard as possible.

SESSION 5

Session Focus: Open Water Swim + Cycle

Session Details: 400m Open Water Swim into a 15 minute easy cycle

Session Notes: We are now up to a 400m open water swim, an increase of 50m from last week along with the 15 minute cycle which you will complete straight after the swim. This is our second time completing transitions and therefore it is important you learn from any mistakes you made

during last week's session and aim to fix them today.

WEEK 6

Session 1	Session 2	Session 3	Session 4	Session 5
Low Intensity Bike Ride	Low Intensity Run / + Intervals	Swimming	Bike Intervals	Open Water Swim + Cycle + Run

SESSION 1

Session Focus: Low intensity aerobic bike ride
Session Details: 70 minute low intensity (easy) bike ride

Session Notes: 70 minutes this week on the bike, a 5 minute increase from last week. This session is simply about accumulating time in the seat over a long duration.

SESSION 2

Session Focus: Low intensity run + intervals
Session Details: 10 minute easy conversational pace run

Rest 2 minutes

Complete:
 12 sets
 90 second sprint
 90 seconds rest.

5 minute cool down run

Session Notes: Today's session begins with a conversational 10 minute run followed by a series of intervals. The intervals have increased to 12 sets from last week's 10 sets. A reminder to push hard on these 90 second sprints knowing you will immediately rest for 90 seconds. Try to record distances covered so you can keep a track for future weeks.

SESSION 3

Session Focus: Swimming intervals
Session Details: Warm Up
 4 x 50m freestyle
 Rest 20 seconds between each 50m interval

 4 x 50m freestyle
 Complete this as:
 25m freestyle fast
 25m freestyle easy

Rest 15 seconds between 50m

Main Set

Complete all with pull buoy:

3 x 100m freestyle

3 x 50m freestyle

3 x 100m freestyle

3 x 50m freestyle

2 x 100m freestyle

2 x 50m freestyle

Rest 15 seconds between each interval e.g., swim 100m, rest 15 seconds
x 3 sets. Swim 50m, rest 15 seconds x 3 sets

Cool down: 200m stroke of choice

Session Notes:

An increase in intervals from last week as we begin to get stronger in the pool. This session will be fairly tough. As usual feel free to increase rest periods and reduce sets where needed depending on ability and fatigue.

SESSION 4

Session focus:

Bike intervals

Session Details:

Warm Up: 10 mins gentle cycle

Main Set

Part A - 2 x 23 minute blocks as below:

4 x 30 second sprint

Rest 45 seconds between each sprint

3 x 1 minute sprint

Rest 1 minute between each sprint

2 x 2 minute sprints

Rest 1 minute between each sprint

1 x 3 minute sprint

Rest 3 minutes before the cool down

(After resting for 3 minutes repeat the above again)

Part B

Complete 12 sets of:

20 second sprint

40 seconds recovery

Cool Down

10 min cycle at an easy pace

Session Notes: Interval bike session again this week with intervals on part B increasing from 10 sets to 12 sets. Have a 3 minute recovery slow cycle before starting Part B. As usual, a big effort is needed during the sprint, trying to go as hard as possible.

SESSION 5

Session Focus: Open Water Swim + Cycle + Run
Session Details: 400m Open Water Swim, into a 15 minute easy cycle, into a 10 minute run at race pace
Session Notes: Today we are completing our first mini triathlon with all three disciplines performed back-to-back. This week will be the first time transitioning from the bike into the run so again ensure you have everything prepared for this transition. The run should be at the pace you will run on event day so use your watch to monitor this.

WEEK 7

Session 1	Session 2	Session 3	Session 4	Session 5
Low Intensity Bike Ride + Bike Intervals	Low Intensity Run + Intervals	Swimming	Bike Intervals	Open Water Swim + Cycle + Run

SESSION 1

Session Focus: Low intensity aerobic bike ride
Session Details: 70 minute bike ride + 10 x 30 second sprints performed at any time within the 70 minutes
Session Notes: Today's session is a 70 minute cycle, however this week there are 10 sets of 30 second sprints to be included. You can perform these sprints at any point during the 70 minute cycle. The sprint could be performed on a flat, up a hill, or practicing a sprint out of a U-turn.

SESSION 2

Session Focus: Low intensity run + intervals
Session Details: 10 minute easy conversational pace run
 Rest 2 minutes
 Complete:
 12 sets
 90 second sprint
 60 seconds rest.

5 minute cool down run

Session Notes:

Today's session begins with a conversational 10 minute run followed by a series of intervals. The intervals remain at 12 sets like last week, however the rest has now decreased from 90 seconds to 60 seconds. This does not mean you should reduce your speed, still aim to go hard on each interval.

SESSION 3

Session Focus:

Swimming intervals

Session Details:

Warm Up

4 x 50m freestyle

Rest 20 seconds between each 50m interval

Main Set

Part A (use paddles for this)

4 x 100m freestyle

You will complete this as:

75m at an easy pace

25m at a fast pace

Rest 30 seconds

Once the above 4 sets are completed. Complete 1 x 50m slow pace swim (recovery)

Rest 60 seconds

Part B (use paddles and pull buoy for this)

4 x 100m freestyle

You will complete this as:

75m at an easy pace

25m at a fast pace

Rest 30 seconds

Once the above 4 sets are completed. Complete 1 x 50m slow pace swim (recovery)

Rest 60 seconds before starting part C

Part C (use paddles and pull buoy for this)

4 x 100m freestyle

You will complete this as:

75m at an easy pace

25m at a fast pace

Rest 30 seconds between sets

Cool down - 100m stroke of choice

Session Notes: This is our last 'tough' interval swim session of the programme as next week we head into an open water swim. Stick to the distances and rest periods prescribed if possible and reduce/scale distances/rest periods where needed.

SESSION 4

Session focus: Bike intervals
Session Details: Warm Up: 15 mins gentle cycle

Main Set

Block 1
Complete 10 x 30 seconds sprints
30 second recovery between each

5 minute recovery cycle once above intervals are complete

Block 2
Complete 10 x 30 seconds sprints
30 second recovery between each

Cool Down

5-10 min cycle at an easy pace

Session Notes: Two large sets of intervals today, short burst with short recovery. The real focus behind this session is getting the glutes fired up. Complete low gear high rpm on block 1 and high gear low RPM on block 2. The more we can engage the glutes cycling the less we need them running. During each block if you miss an interval due to fatigue, skip one and try to get yourself ready again in time for the next one.

SESSION 5

Session Focus: Open Water Swim + Cycle + Run
Session Details: 400m Open Water Swim, into a 25 minute easy cycle, into a 10 minute run at race pace

Session Notes: Another mini triathlon this week with all three disciplines performed back-to-back. Another opportunity to practice transitions from swim to cycle and cycle to run. Remember the run should be at the pace you will run on event day so use your watch to monitor this.

WEEK 8

Session 1	Session 2	Session 3	Session 4
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Low Intensity Bike Ride + Bike Intervals	Low Intensity Run / + Intervals	Open Water Swim	Low Intensity Bike Ride + Bike Intervals
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SESSION 1

Session Focus: Low intensity aerobic bike ride

Session Details: 60 minute bike ride + 6 x 30 second sprints performed at any time within the 70 minutes

Session Notes: Today's session is very similar to last week; however the cycle is only 60 minutes and we have reduced the intervals to 6 sets of 30 seconds instead of 10 sets. Like last week, perform the 30 second sprints at any point throughout the 60 minutes. The aim of this is simply to get the body fired up for the race this weekend.

SESSION 2

Session Focus: Low intensity run + intervals

Session Details: 15 minute easy conversational pace run

Rest 2 minutes

Complete:

6 sets

60 second sprint

60 seconds rest.

5 minute cool down run

Session Notes: The focus today is just touching on some race pace sprints for the 60 seconds with the remainder of the run really easy. You should feel good during this session, but please do not be tempted to go too fast for the easy portions.

SESSION 3

Session Focus: Open Water Swim

Session Details: 300m Open Water Swim

(During the 300m swim complete 2 sets of 50 strokes at race pace)

Session Notes: A 300m open water swim with the bulk of the session being easy. At any stage throughout the swim complete two sets of 50 strokes at race pace.

SESSION 4

Session focus: Easy cycle + intervals

Session Details: 30 minute easy cycle + 3 x 30 second sprints performed at any time throughout the 30 minute cycle

Session Notes: Today is an easy cycle to ensure our bike is ready to go for the big day. At any stage throughout the 30 minute cycle perform 3 x 30 second sprints. You should leave this session feeling fired up ready to race.

COACH-LED GROUP SESSIONS

WEEK	DATE & TIME	DISCIPLINE	VENUE
1	6pm, Mon 26 th Sept	Bike	Al Hudayriyat Island
2	6pm, Mon 3 rd Oct	Bike	Al Hudayriyat Island
	8am, Sun 9 th Oct	Open Water Swim	Al Hudayriyat Island
3	6pm, Mon 10 th Oct	Bike	Al Hudayriyat Island
	6pm, Thurs 13 th Oct	Run	Zayed Sports City
4	6pm, Mon 17 th Oct	Bike	Al Hudayriyat Island
	8am, Sun 23 rd Oct	Open Water Swim	Al Hudayriyat Island
5	5pm, Fri 28 th Oct	Brick Session	Al Hudayriyat Island
6	5pm, Fri 4 th Nov	Brick Session	Al Hudayriyat Island
7	8am, Sun 13 th Nov	Expect the Unexpected!	Zayed Sports City
8	8am, Sun 20 th Nov	Race Day Simulation – Mini Tri	To be confirmed

Session meeting points:

- Al Hudayriyat sessions: Car Park B (beside Wolfi's)
- Zayed Sports City sessions: HARAKA Gym

Coach contact details:

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