



WEDNESDAY 17 APRIL 2019

TIME	ACTIVITY
8.30 - 9.00	Registration, quizzes & designing a Triathlon Easter Egg
9.00 – 9.15	Welcome/Active Ice-breaker Games
9.15 – 10.15	Easter Egg hunt
10.15 – 10.30	Break
10.30 – 12.00	Cycle activities with Coach Lloyd from Sprockets Cycle Club
12.00 – 12.30	Lunch
12.30 – 1.45	Transition & para-triathlon activities
1.45 – 2.00	Break
2.00 – 3.00	Swim Session
3.00 – 4.00	Individual & Relay Triathlon
4.00 – 4.30	Wrap up and finish

