



WEDNESDAY 29 MAY 2019

TIME	ACTIVITY
8.30 - 9.00	Registration, quizzes & modelling (clay!)
9.00 – 9.15	Welcome/Active Ice-breaker Games
9.15 – 10.00	Triathlon Rounders
10.00 – 10.15	Break
10.15 – 11.00	Transition relays and games
11.00 – 12.30	Swim session 1
12.30 – 1.00	Lunch
1.00 – 2.00	Yoga with Nina, Yoga Sansaar
2.00 – 2.45	Cycling – mounting/dismounting
2.00 – 4.00	Team Relay Triathlon Individual Triathlon/Multisport
4.00 – 4.30	Wrap up and close

