



M.A.D. MultiSport

CBC BOKSBURG INDOOR SPORTS CENTRE
 MIKE MORIARTY 0832274180
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SPORTS SPECIFIC TRAINING | SPECIALISED TRIATHLON COACHING | CYCLE TOURS | FITNESS CENTRE

Tri Training Groups

Mondays	Strength/Stretch/Abs/Core	By appointment	05h00 to 19h00
Tuesdays	Bike 48km	From M.A.D.	04h30
	Speed & agility running drills/Abs/Core	By appointment	07h00 to 19h00
	Run 5k/ 10k/ 15k	From M.A.D.	17h00
Wednesdays	Swim	B/Brg North	05h30
	Swim	Delville	09h30
	Run 2k/ 4k/ 8k Time Trial	Boksburg Blitz	17h45
Thursdays	Bike 48k	From M.A.D.	04h30
	Speed & agility running drills/Abs/Core	By appointment	07h00 to 19h00
Fridays	Run 5k/ 10k/ 15k	From M.A.D.	06h00
	Strength/Stretch/Abs/Core	By appointment	05h00 to 19h00
	Swim Open Water 1200m/ 2400m	Homestead Dam	16h30
Saturdays	Brick: Bike 48k/ 71k/ 94k	From M.A.D.	06h30
	Run 3k/ 6k/ 9k		
Sundays	Bike Long/Steady Various routes 70k+	From M.A.D.	06h30

Specific Camps

- **Fitness Camps:** School kids Ages 6 to 18. December 1 to 4 & December 8 to 11.
Abs, Core, Stretching, Strength, Running Drills, Hiking Trail
- **Triathlon Camps:** All ages. December 5 & 6 & December 12 & 13
Running drills, Bike drills. O/W Swim, Transition skills

RACE DATES:

November	9	ENERGADE Germiston
	16	94.7
	23	Gauteng North Tri Champs Roodeplaat
	30	ENERGADE Cape Town
December	7	ENERGADE Potch
	14	JHB TRI SERIES Germiston