SURSEE Challenger Squad - 2026/27

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Notes							
06:00 - 06:30							
06:30 - 07:00							
07:00 - 07:30							
07:30 - 08:00							
08:00 - 08:30							
08:30 - 09:00						**Swim** 0830-0930	
09:00 - 09:30							
09:30 - 10:00							
10:00 - 10:30						**Bike /brick /technique** 90min	
10:30 - 11:00							
11:00 - 11:30							
11:30 - 12:00							
12:00 - 12:30							
12:30 - 13:00							
13:00 - 13:30							
13:30 - 14:00							
14:00 - 14:30							
14:30 - 15:00							
15:00 - 15:30							
15:30 - 16:00							
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30		**Run** 1715-1815					
17:30 - 18:00				**Swim** 1730-1830			
18:00 - 18:30	**Swim** 1815-1915						
18:30 - 19:00							

Comments							