



香港代表發展隊訓練時間表 – 六月份 2022
NDS Training Schedule – June 2022

致：各代表發展隊隊員

To: NDS members,

星期 Day	日期 Date	時間 Time	訓練內容 Course Content	地點 Venue
星期一 (Mon)	六月 June 6,13,20,27	-	休息 Rest Day & Regeneration	-
星期二 (Tue)	六月 June 7,14,21,28	1615-1845	跑步及游泳 Run & Pool Swim	沙田游泳池 Sha Tin Swimming Pool
星期三 (Wed)	六月 June 1,8,15,22,29	1630-1900	跑步及體能訓練 Technical Run with Intervals, Strength & Conditioning Exercises	沙田運動場 集合 Gather at Sha Tin Sports Ground
星期四 (Thu)	六月 June 2,9,16,23,30	1615-1845	跑步及游泳 Run & Pool Swim	沙田游泳池 Sha Tin Swimming Pool
星期五 (Fri)	六月 June 3,10,17,24	1630-1900	跑步及體能訓練 Technical Run with Farklets, Strength & Conditioning Exercises	沙田運動場集合 Gather at Sha Tin Sports Ground
星期六 (Sat)	六月 June 4,18	0745-1015	單車 Road Cycling with MVo2 set	樟樹灘停車場集合 Gather at Cheung Shue Tan Carpark
	六月 June 11,25			咪錶泊車位 28 沙田源和路集合 Meter Carpark, 28 Yuen Wo Road, Sha Tin
	六月 June 4,11,18,25	1130-1300	NS & NDS 聯合訓練 NS & NDS Joint Run & Swim	沙田游泳池 Sha Tin Swimming Pool

Member of:
International Triathlon Union



Asian Triathlon Confederation

Sports Federation &
Olympic Committee of Hong Kong, China



香港三項鐵人總會 Hong Kong Triathlon Association Ltd.

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星期日 (Sun)	六月 June 5,19	0730-1100	單車、跑步及磚式訓練 Bike, Run & Brick	蒲崗村道公園 (單車公園) Po Kong Village Road Park (Cycling Park)
	六月 June 12,26		公開水域游泳 Open Water Swimming & 三項訓練 Bike, Sea Swim & Run Brick	淺水灣沙灘(右邊)集合 Gather at Right Hand Side of Repulse Bay Beach
<Important Notice>				
<p>In accordance with the government policy and tightened social distancing measures, No more than four people can gather at any time, Masks must be worn at all times, excluding sports in progress.</p>				
Remarks:	<ol style="list-style-type: none"> 1. Please do sun protection and lubrication beforehand if needed. 2. Please bring energy gels / snacks, pocket money & Octopus for the session above 2hrs. 3. Please bring extra swim cap, goggles, spare tire & tools set. 			

總訓練堂數 **Total Training Session: 30 堂 sessions.**

惡劣天氣 Arrangement of Inclement Weather

若上課前兩小時懸掛八號或以上風球、或黑色暴雨警告，當日之訓練將會取消。

Please check the weather from the Hong Kong Observatory in advance of the training session (Tel: 1878200). No training will be held if a typhoon signal No. 8 or above is hoisted, or if a Black Rainstorm Warning is effective 2 hours before the training start.

香港三項鐵人總會
Hong Kong Triathlon Association
 24 May 2022