



區隊訓練時間表 – 六月份 2022

RS Training Schedule – June 2022

致各地區集訓隊隊員：

To RS members:

訓練內容 Course Content	星期 Day	星期 Date	時間 Time	集合地點 Venue
跑步及游泳 Run & Pool Swim	星期二 (Tue)	六月 June 7,14,21,28	1615-1845	沙田游泳池 Sha Tin Swimming Pool
跑步及游泳 Run & Pool Swim	星期四 (Thu)	六月 June 2,9,16,23,30	1615-1845	沙田游泳池 Sha Tin Swimming Pool
單車 Road Cycling with MVo2 set	星期六 (Sat)	六月 June 4,18	0745-1015	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 沙田源和路合 Meter Carpark, 28 Yuen Wo Road, Sha Tin
單車、跑步及磚式訓練 Bike, Run & Brick	星期日 (Sun)	六月 June 5,19	0730-1100	蒲崗村道公園 (單車公園) Po Kong Village Road Park (Cycling Park)
公開水域游泳 Open Water Swimming & 三項訓練 Bike, Sea Swim & Run Brick		六月 June 12,26		淺水灣沙灘(右邊)集合 Gather at Right Hand Side of Repulse Bay Beach

<Important Notice>

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.

Member of:
International Triathlon Union



Sports Federation &
Olympic Committee of Hong Kong, China

Asian Triathlon Confederation



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

香港銅鑼灣掃桿埔大球場徑1號奧運大樓1020室 Rm 1020, Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong
T:(852) 2504 8282 F:(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk



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.
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總訓練堂數 Total Training Session: 17 session.

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
2022 年 5 月 25 日

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