

#teamsonictriathlete

Team Sonic Adult Training

Objective:

To develop and encourage excellence in the sport amongst all our adult and junior triathletes; We work/study hard, and play even harder; We encourage work-life balance and see triathlon as a life-style and sociable sport;

Entry requirement:

Age 18 or above, Able to swim 200m in breaststroke or freestyle,
Run 2km non-stop

Target:

Adult triathlete will able to finish a triathlon or aquathlon race in local or overseas; While members can also participate at our training to maintain healthy and active lifestyle.



Team Sonic Junior Training

Objective:

Team Sonic Junior will train with prolong training program on swim, bike and run, in order to prepare athletes able to race in the competitive level.

Entry requirement:

Age 8 - 17, Able to swim 200m or above in freestyle

Target:

Junior athlete will able to finish a mini-triathlon or aquathlon,
Potential athlete will attempt national squad selection.



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Adult Training Hong Kong Island

港島區成人訓練

Time (Adult)	Monday (Happy Valley) 逢星期一 跑馬地運動場	Wednesday (Wan Chai Swimming Pool) 逢星期三 灣仔游泳池	Sunday (Shek O) 逢星期日 石澳
7:30am – 10:30am			BRICK
7:30pm – 9:30pm	Run		
8:00pm – 10:00pm		Swim	

Junior Training Hong Kong Island

港島區青少年訓練

Time (Junior)	Monday (Happy Valley) 逢星期一 跑馬地運動場	Saturday (Sun Yat Sen) 逢星期六 中山紀念公園
4:00pm – 6:00pm		Run & Swim
6:00pm – 7:30pm	Run	

Adult & Junior Training Kowloon

九龍區成人及青少年訓練

Time	Tuesday (Kowloon Bay) 逢星期二 九龍灣運動場	Thursday (Lam Tin Swimming Pool) 逢星期四 藍田游泳池	Sunday (Shek O) 逢星期日 石澳
7:30am – 10:30am			BRICK
7:00pm – 9:00pm		Swim	
7:30pm – 9:00pm	Run		

Monthly training fee

\$1100	All session on Mon/Wed/Sun or Tue/Thu/Sun
\$800	Mon & Wed OR Tue & Thur Swim and Run only
\$600	Swim only or Run only
\$200	Per session

Contact:

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96633012 / sonicsports@gmail.com Charles Hui - Secretary

