

13TH BEACH HEALTH SERVICES

# BARWON HEADS

— TRIATHLON —



Barwon Heads Triathlon

8 WEEK BEGINNER PROGRAM



13TH BEACH  
HEALTH SERVICES

## 13th Beach Health Services proudly supports the Barwon Heads Triathlon

13th Beach Health Services is proud to support the Barwon Heads Triathlon, helping our local community embrace movement, build confidence, and enjoy the journey toward race day. As part of this commitment, we're excited to introduce our 8-Week Beginner Training Program — a supportive, accessible, and achievable pathway for anyone looking to take on their first triathlon. Whether you're new to the sport or returning to fitness, our team is here to guide you every step of the way. Let's train together and make your Barwon Heads Triathlon experience unforgettable.

### Race Day: 22<sup>nd</sup> February 2026

400m SWIM



14km CYCLE



4km RUN



## 13TH BEACH HEALTH SERVICES

OSTEOPATHY | PHYSIOTHERAPY | PODIATRY  
CLINICAL PILATES | REMEDIAL MASSAGE



## Our Program Goal:

To make sure you're fit enough to have fun out there.  
This 8-week beginner training program is designed to:

- Progressively build your fitness so you can peak on race day.
- Develop your swim, bike, and run skills with structure and confidence.
- Demystify transitions, helping you move smoothly and efficiently between each leg.
- Give you the confidence to cross that finish line with a smile on your face.



## Share your training journey with us!

We'd love to follow along as you work toward the Barwon Heads Triathlon.

**Tag @13thbeachhealthservices or use #13thbeachhealthservices when you post your training on social media** — we can't wait to see your progression to race day!

# Strength Training

## Benefits of Strength training include:

Improve Power, speed, endurance in sport-specific movements

Improve endurance– perform better for longer.

Injury prevention

Improve Biomechanics

Great for bone density.

Boost mental health.

## Specifically for a triathlon:

Maintain form when fatigued

Reduce knee, hip & shoulder issues

Increase power output.

Make transitions smoother and less exhausting

**Progressive overload** is the gradual increase of stressed placed on the body during exercise training. This is important for continual improvements in strength, endurance & overall fitness. We do this by increasing weight, repetitions, sets, increasing frequency over training and decreasing rest time. In your mapped program, we have done this for you.

With strength training, individuals will be at different levels. Please start with a lighter weight, once you become comfortable with the weight, please then progress to a heavier weight, this is progressive overloading. If any of these exercises are painful or aggravating, please reach out to us for an assessment.





## Rate of Perceived Exertion Scale (RPE)

### Effort Chart

**6/10** Can hold a conversation, comfortable.

**7/10** Can hold a short conversation, but becoming noticeably more challenging.

**8/10** Borderline uncomfortable, short of breath, speak a sentence.

**9/10** Difficult to maintain exercise intensity, speak only a few words.

**10/10** Cannot maintain for more than a very short time, unable to talk.



**Week Beginning 29.12.2025**

Monday	25 min run (6/10 RPE) If it's first run, 30 sec break every 5 minutes. More experienced- Continuous.	Run
Tuesday	<b>500m swim</b> Optional: Pool Buoy/Paddles 6/10 RPE - 50m warm up 7/10 RPE - 6 x 25m - 20-30 seconds rest between 7/10 RPE - 4 x 50m - 20-30 seconds rest inbetween 6/10 RPE - 100m cool down	Swim
Wednesday	30-40 min easy ride RPE 6/10	Ride
Thursday	<b>Legs/Shoulders focus</b>  -Double leg glute bridge 3 x 10-15 -Crab walks (no band/band) 3 x 10 both sides -Double leg calf raises 3 x 20-25 reps -Double leg hamstring bridges 3 x 8-12 rep -Leg extensions (machine/band) 3 x 8-12  -Banded Row/Seated Row 3 x 8-12 rep -Lat Pull down 3 x 8/12 rep -Banded internal rotations 3 x 8-12 rep -Banded external rotations 3 x 8-12 rep	Strength
Friday	-Massage? Osteo? Physio? -Cold therapy? -Sauna? -Core plus pilates? -Foam rolling?	Recovery
Saturday		Rest
Sunday	Ride → Run Set 30 min easy ride RPE 6/10 Casual changeover 15 min easy run RPE 6/10	Mix



# Week Beginning 05.01.2025

Monday	25 min run 10 min warm up RPE 6/10 5 x 60 sec 8/10 RPE, 60 sec walk/light jog 5 min cool down RPE 6/10 RPE	Run
Tuesday	<b>700m swim</b> Optional: Pool Buoy/Paddles 6/10 RPE - 100m warm up 7/10 RPE - 8 x 25m - 30 seconds rest between 7/10 RPE - 6 x 50m - 30 seconds rest between 6/10 RPE - 100m cool down	Swim
Wednesday	Bike: 30-45 min easy ride RPE 6/10 <b>Upper Body focus</b> -Banded Row/Seated Row 3 x 8-12 rep -Lat Pull down 3 x 8/12 rep -Banded internal rotations 3 x 8-12 rep -Banded external rotations 3 x 8-12 rep -Pec Deck/Cable flys 3 x 8-12 rep	Ride/Strength
Thursday	<b>Legs</b> -Double leg glute bridge 3 x 10-15 -Leg press 3 x 8-12 reps -Crab walks (no band/band) 3 x 10 both sides -Double leg calf raises 3 x 20-25 reps -Seated calf raises 3 x 8-12 reps (dumbbell on knees) -Hamstring curl (band/machine) 3 x 8-12 -Leg extensions (machine/band) 3 x 8-12 <b>Core</b> -Dead bugs (Bent knee, Straight leg) 3 x 10 -Bird dog (Leg alt, leg/arm) 3 x 10 -Russian Twist (bodyweight/dumbbell) 3 x 8-12	Strength
Friday	-Massage? Osteo? Physio? -Cold therapy? -Sauna? -Core plus pilates? -Foam rolling? If you have missed a day, you can make up for it here!!	Recovery
Saturday	30 min long run -Continuous/longer if an experienced runner -Walk break if needed throughout	Run
Sunday	<b>30 min ride</b> 10 min 6/10 RPE 5 x 2 min effort 8/10 RPE, 2 min 6/10 RPE inbetween <b>15 min run 6/10 RPE</b>	Mix

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## Stay Strong and Perform Your Best with Proactive Triathlon Body Care

Triathlon training builds strength, endurance, and confidence and taking a proactive approach to body care helps you get the most out of every session. By supporting your body with regular maintenance and preventative care, you can stay feeling great, moving well, and progressing steadily toward your race goals.

Paying attention to small niggles early keeps your body balanced and resilient, helping you avoid injury, maintain consistent training, and perform at your best throughout your entire journey.





# Week Beginning 12.01.2026

	<b>Legs/Shoulders focus</b> -Double leg glute bridge 3 x 10-15 -Crab walks (no band/band) 3 x 10 both sides -Double leg calf raises 3 x 20-25 reps -Double leg hamstring bridges 3 x 8-12 rep -Banded Row/Seated Row 3 x 8-12 rep -Leg extensions (machine/band) 3 x 8-12 -Lat Pull down 3 x 8/12 rep -Banded internal rotations 3 x 8-12 rep -Banded external rotations 3 x 8-12 rep	
<b>Monday</b>		Strength
<b>Tuesday</b>	<b>900m swim</b> Optional: Pool Buoy/Paddles 6/10 RPE - 100m warm up 7/10 RPE - 8 x 25m - 15 seconds rest between 7/10 RPE - 4 x 50m - 15 seconds rest between 4 x 50 (25 fast → 25 slow), 30 seconds rest between 6/10 RPE - 200m cool down	Swim
<b>Wednesday</b>	35 min run 10 min warm up RPE 6/10 10 x 60 sec 8/10 RPE, 60 sec walk/light jog 5 min cool down RPE 6/10 RPE	Run
<b>Thursday</b>	-Massage? Osteo? Physio? -Cold therapy? -Sauna? -Core plus pilates? -Foam rolling? If you have missed a day, you can make up for it here!!	Recovery
<b>Friday</b>	Ride 50 min 10 min easy RPE 6/10 10 x 60 sec 8/10 efforts with 3 min easy ride between 10 min RPE 6/10 run post. <u>60 min total</u>	Mix
<b>Saturday</b>	30 min long run -Continuous/longer if an experienced runner -Walk break if needed throughout	Run
<b>Sunday</b>	<b>Core</b> -Dead bugs (Bent knee, Straight leg) 3 x 10 -Bird dog (Leg alt, leg/arm) 3 x 10 -Russian Twist (bodyweight/dumbbell) 3 x 8-12 <b>Upper Body focus</b> -Banded Row/Seated Row 3 x 8-12 rep -Lat Pull down 3 x 8/12 rep -Banded internal rotations 3 x 8-12 rep -Banded external rotations 3 x 8-12 rep -Pec Deck/Cable flies 3 x 8-12 rep	Strength

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# Week Beginning 19.01.2026

<b>Monday</b>	<ul style="list-style-type: none"> <li>-Massage? Osteo? Physio?</li> <li>-Cold therapy?</li> <li>-Sauna?</li> <li>-Core plus pilates?</li> <li>-Foam rolling?</li> </ul> <p>If you have missed a day, you can make up for it here!!</p>	Recovery
<b>Tuesday</b>	<p>900m swim                      Optional: Pool Buoy/Paddles                      6/10 RPE - 100m warm up                      7/10 RPE - 8 x 25m - 15 seconds rest between                      7/10 RPE - 4 x 50m - 15 seconds rest between                      4 x 50 (25 fast → 25 slow), 30 seconds rest between                      6/10 RPE - 200m cool down</p>	Swim
<b>Wednesday</b>	<p>35 min run                      10 min warm up RPE 6/10                      10 x 60 sec 9/10 RPE, 60 sec walk/light jog                      5 min cool down RPE 6/10 RPE</p>	Run
<b>Thursday</b>	<p>Bike: 30-45 min easy ride RPE 6/10  <b>Upper Body focus</b>                      -Banded Row/Seated Row 3 x 8-12 rep                      -Lat Pull down 3 x 8/12 rep                      -Banded internal rotations 3 x 8-12 rep                      -Banded external rotations 3 x 8-12 rep                      -Pec Deck/Cable flys 3 x 8-12 rep</p>	Ride/Strength
<b>Friday</b>	<p>Legs/Shoulders focus                      -Double leg glute bridge 3 x 10-15                      -Crab walks (no band/band) 3 x 10 both sides                      -Double leg calf raises 3 x 20-25 reps                      -Double leg hamstring bridges 3 x 8-12 rep                      -Leg extensions (machine/band) 3 x 8-12                      -Banded Row/Seated Row 3 x 8-12 rep                      -Lat Pull down 3 x 8/12 rep                      -Banded internal rotations 3 x 8-12 rep                      -Banded external rotations 3 x 8-12 rep</p>	Strength
<b>Saturday</b>	<ul style="list-style-type: none"> <li>-Massage? Osteo? Physio?</li> <li>-Cold therapy?</li> <li>-Sauna?</li> <li>-Core plus pilates?</li> <li>-Foam rolling?</li> </ul> <p>If you have missed a day, you can make up for it here!!</p>	Recovery
<b>Sunday</b>	<p>Ride 50 min                      10 min easy RPE 6/10                      10 x 60 sec 8/10 efforts with 3 min easy ride between                      10 min RPE 6/10 run post.  <u>60 min total</u></p>	Mix

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## CONGRATULATIONS

### You're Halfway through the program

The next four weeks are where you'll make the most gains, as you've already built a strong base of fitness. Training now becomes more race-specific, so it's important to stay on top of your body and recovery.

At 13th Beach Health Services, we're here to support you every step of the way. If you don't currently have a treatment plan in place, now is a great time to book in and stay ahead of any unwanted injuries as race day approaches.

If you have any questions or concerns leading into your big race, please don't hesitate to reach out — we're here to help you arrive at the start line feeling strong, confident, and ready to perform.



## Strawberry Banana Shake Recipe

Adding ground flax to this classic protein shake provides you with extra fiber and heart-healthy omega-3 fats



### **BLEND THIS:**

- 350ml water, milk, or yogurt
- 2 scoops vanilla or strawberry flavoured protein powder
- 1 banana
- 1 cup of frozen strawberries
- 1 cup of spinach
- 2 tbsp of ground flax



# Week Beginning 26.01.2026

<b>Monday</b>	35 min run 10 min warm up RPE 6/10 10 x 60 sec 9/10 RPE, 60 sec walk/light jog 5 min cool down RPE 6/10 RPE	Run
<b>Tuesday</b>	900m swim Optional: Pool Buoy/Paddles 6/10 RPE – 100m warm up 7/10 RPE – 8 x 25m – 15 seconds rest between 7/10 RPE – 4 x 50m – 15 seconds rest between 4 x 50 (25 fast → 25 slow), 30 seconds rest between 6/10 RPE – 200m cool down	Swim
<b>Wednesday</b>	Bike: 30–45 min easy ride RPE 7/10 <b>Upper Body focus</b> –Banded Row/Seated Row 3 x 8–12 rep –Lat Pull down 3 x 8/12 rep –Banded internal rotations 3 x 8–12 rep –Banded external rotations 3 x 8–12 rep –Pec Deck/Cable flys 3 x 8–12 rep	Ride/Strength
<b>Thursday</b>	<b>Legs</b> –Double leg glute bridge 3 x 10–15 –Leg press 3 x 8–12 reps –Crab walks (no band/band) 3 x 10 both sides –Double leg calf raises 3 x 20–25 reps –Seated calf raises 3 x 8–12 reps (dumbbell on knees) –Hamstring curl (band/machine) 3 x 8–12 –Leg extensions (machine/band) 3 x 8–12 <b>Core</b> –Dead bugs (Bent knee, Straight leg) 3 x 10 –Bird dog (Leg alt, leg/arm) 3 x 10 –Russian Twist (bodyweight/dumbbell) 3 x 8–12	Strength
<b>Friday</b>	–Massage? Osteo? Physio? –Cold therapy? –Sauna? –Core plus pilates? –Foam rolling? If you have missed a day, you can make up for it here!!	Recovery
<b>Saturday</b>	30 min long run –Continuous/longer if an experienced runner –Walk break if needed throughout	Run
<b>Sunday</b>	30 min ride 10 min 6/10 RPE 5 x 2 min effort 8/10 RPE, 2 min 6/10 RPE inbetween 15 min run 6/10 RPE	Mix

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# Week Beginning 02.02.2026

	800m Optional: Pool Buoy/Paddles 100m warm up 6/10 RPE 4 x 50m at 8/10 RPE 30 sec rest inbetween 4 x 50 (25m hard, 25m slow), 30 sec inbetween 1 x 200 metre effort 6/10 RPE (No paddles or buoy) 1 x 100m warm down	Swim
<b>Monday</b>		
<b>Tuesday</b>	-Massage? Osteo? Physio? -Cold therapy? -Sauna? -Core plus pilates? -Foam rolling? If you have missed a day, you can make up for it here!!	Recovery
<b>Wednesday</b>	Bike: 30-45 min easy ride RPE 6/10 <b>Upper Body focus</b> -Banded Row/Seated Row 3 x 8-12 rep -Lat Pull down 3 x 8/12 rep -Banded internal rotations 3 x 8-12 rep -Banded external rotations 3 x 8-12 rep -Pec Deck/Cable flys 3 x 8-12 rep	Ride/Strength
<b>Thursday</b>	<b>Legs</b> -Double leg glute bridge 3 x 10-15 -Leg press 3 x 8-12 reps -Crab walks (no band/band) 3 x 10 both sides -Double leg calf raises 3 x 20-25 reps -Seated calf raises 3 x 8-12 reps (dumbbell on knees) -Hamstring curl (band/machine) 3 x 8-12 -Leg extensions (machine/band) 3 x 8-12 <b>Core</b> -Dead bugs (Bent knee, Straight leg) 3 x 10 -Bird dog (Leg alt, leg/arm) 3 x 10 -Russian Twist (bodyweight/dumbbell) 3 x 8-12	Strength
<b>Friday</b>	30 min ride 10 min 6/10 RPE 5 x 2 min effort 8/10 RPE, 2 min 6/10 RPE inbetween 15 min run 6/10 RPE	Mix
<b>Saturday</b>	30 min long run -Continuous/longer if an experienced runner -Walk break if needed throughout	Run
<b>Sunday</b>	Bike: 30-45 min easy ride RPE 6/10 <b>Upper Body focus</b> -Banded Row/Seated Row 3 x 8-12 rep -Lat Pull down 3 x 8/12 rep -Banded internal rotations 3 x 8-12 rep -Banded external rotations 3 x 8-12 rep -Pec Deck/Cable flys 3 x 8-12 re	Ride/Strength

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### RACE DAY EQUIPMENT CHECKLIST

This checklist will help ensure you don't forget anything.

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#### SWIM EQUIPMENT

- ☐ Bathers or Tri Suit (to wear under your wetsuit)
  - ☐ Wetsuit
  - ☐ Goggles
  - ☐ Anti-chafe (Body Glide, Vaseline, or similar)
  - ☐ Baby oil (for arms & legs under wetsuit – have someone else apply)
  - ☐ Swim cap (provided at registration)
  - ☐ Timing chip (ankle – if provided at registration)
- 

#### BIKE EQUIPMENT

- ☐ Bike (checked and in good working order)
  - ☐ Bike shoes or runners
  - ☐ Helmet
  - ☐ Sunglasses
  - ☐ Drink bottle on bike
- 

#### RUN EQUIPMENT

- ☐ Runners
  - ☐ Run socks (if you choose to put them on)
  - ☐ Hat, visor, or sweatband
  - ☐ Sunglasses
- 

#### EXTRA EQUIPMENT

- ☐ Towel (to place in transition and dry feet)
- ☐ Watch (if using one)
- ☐ Heart rate monitor (if using one)
- ☐ Extra water bottles (for sipping before the race)



## South West Buddha Bowl



### Ingredients

- 1 cup (approx.) sweet potato, peeled and cubed
- 60 g protein cubed – tempeh, tofu or chicken
- ½ medium red onion, diced into 1.5 cm pieces
- 1 Tbsp paprika powder
- 1 Tbsp avocado oil (or olive oil)
- ½ cup corn kernels
- ¼ cup salsa
- 1 handful baby spinach
- ¼ avocado, sliced
- Fresh coriander, and lime to garnish
- Salt and pepper as desired

- Preheat your oven to 200°C (fan-forced).
- On a large baking tray, toss together the sweet potato, tempeh, red onion, chilli powder, and oil.
- Bake for 10–15 minutes, or until the sweet potato is tender and starting to brown around the edges.
- Remove the tray from the oven and stir through the corn and salsa.
- Transfer everything to a serving bowl.
- Add a handful of baby spinach and top with sliced avocado.
- Garnish with fresh coriander and serve.

# Week Beginning 09.02.2026

	Pyramid Set Fartlek 500m warm up 200m 8/10 RPE, 60 sec light jog/walk 400m 8/10 RPE, 60 sec light jog/walk 600m 8/10 RPE, 60 sec light jog/ walk 400m 8/10 RPE, 60 sec light jog/ walk 200m 8/10 RPE, 60 sec light jog/walk 500m cool down	
<b>Monday</b>		Run
<b>Tuesday</b>	1000m Optional: Pool Buoy/Paddles 6/10 RPE – 100m warm up 8/10 RPE– 3 x 100m efforts, 30 sec inbetween 9/10 RPE– 4 x 50m, 30 sec inbetween 7/10 RPE 8 x 25m (long strokes), 20 sec between sets 6/10 RPE 100m cool down	Swim
<b>Wednesday</b>	Bike: 30–45 min easy ride RPE 6/10 <b>Upper Body focus</b> -Banded Row/Seated Row 3 x 8–12 rep -Lat Pull down 3 x 8/12 rep -Banded internal rotations 3 x 8–12 rep -Banded external rotations 3 x 8–12 rep -Pec Deck/Cable flys 3 x 8–12 rep	Ride/Strength
<b>Thursday</b>	<b>Legs</b> -Double leg glute bridge 3 x 10–15 -Leg press 3 x 8–12 reps -Crab walks (no band/band) 3 x 10 both sides -Double leg calf raises 3 x 20–25 reps -Seated calf raises 3 x 8–12 reps (dumbbell on knees) -Hamstring curl (band/machine) 3 x 8–12 -Leg extensions (machine/band) 3 x 8–12 <b>Core</b> -Dead bugs (Bent knee, Straight leg) 3 x 10 -Bird dog (Leg alt, leg/arm) 3 x 10 -Russian Twist (bodyweight/dumbbell) 3 x 8–12	Strength
<b>Friday</b>	-Massage? Osteo? Physio? -Cold therapy? -Sauna? -Core plus pilates? -Foam rolling? If you have missed a day, you can make up for it here!!	Recovery
<b>Saturday</b>	30 min long run -Continuous/longer if an experienced runner -Walk break if needed throughout	Run
<b>Sunday</b>	<b>30 min ride</b> 10 min 6/10 RPE 5 x 2 min effort 8/10 RPE, 2 min 6/10 RPE inbetween <b>15 min run 6/10 RPE</b>	Mix

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# Week Beginning 16.02.2026

## Race Week!! Diet, Hydration & Ticking the legs over...

<b>Monday</b>	500m Swim 100m water up 4 x 50m RPE 9/10, 15 sec rest inbetween 4 x 25m RPE 9/10 15 sec rest inbetween 100m cool down	Swim
<b>Tuesday</b>	-Massage? Osteo? Physio? -Cold therapy? -Sauna? -Core plus pilates? -Foam rolling? If you have missed a day, you can make up for it here!!	Recovery
<b>Wednesday</b>	40 min ride 10 min warm up 5 x 2 min effort 9/10 RPE, 2 min 6/10 RPE inbetween 10 min cool down	Ride
<b>Thursday</b>	20 min run 5 min warm up 30sec RPE 9/10, 30 sec RPE 6/10 x 5 5 min 7/10 RPE 5 min 6/10 RPE	Run
<b>Friday</b>	-Massage? Osteo? Physio? -Cold therapy? -Sauna? -Core plus pilates? -Foam rolling?  If you have missed a day, you can make up for it here!!	Recovery
<b>Saturday</b>	30 min easy ride 5 min jog off bike Ticking the legs over before race day	Mix
<b>Sunday</b>	<b>RACE DAY</b> Light jog warm up Stretching/Foam Rolling/ Spiky ball Acclimatise to water Bike set-up prep Checklist	RACE

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## Chocolate Cherry Shake

Research suggests that cherries can ease soreness after a workout, making this a perfect recovery shake.



### **BLEND THIS:**

- 350ml water, milk, or yogurt
- 2 scoops chocolate flavoured protein powder
- 2 cups of sweet dark cherries, pits removed
- 1 cups of spinach
- 1 tbsp of walnuts
- 1 tbsp ground flax
- 1 tbsp cacao nibs or dark cocoa powder

## Recovery Tips and Tricks

### Hydrate



Maintaining good hydration helps reduce fatigue, speed recovery, and enhance performance. Regular intake of water and electrolytes supports faster recovery, stronger training sessions, and greater resilience during heavy training.

### Stretch



Maintaining a regular stretching routine helps reduce muscle tightness, improve joint range, and lower injury risk. Consistent stretching supports balanced movement, better control, and safer training during heavy training.

### Soak



Soaking in a warm magnesium bath can help ease tension, reduce stiffness, and relieve delayed onset muscle soreness after intense training sessions.



## Meet the team – 13th Beach Health Services

### Osteopathy

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**Harley Pearce**



**James Hall**



**Teneille Maloney**



**James Mulling**



**David Proctor**

### Physiotherapy

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**Brad Walder**



**Zach Walter**



**Konrad Slavinskis**

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## Meet the team – 13th Beach Health Services

### Podiatry

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**Hannah Larsen   Heleine Cumming**

### Remedial Massage / Myotherapy

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**Georgia Clark   Carly Burton   Dylan Williams**



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— TRIATHLON —

**WE CAN'T WAIT TO SUPPORT YOUR  
TRIATHLON JOURNEY**



**CONTACT US**

**13TH BEACH HEALTH SERVICES**

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**Book here:** [www.13thbeachhealthservices.com.au/make-an-appointment/](http://www.13thbeachhealthservices.com.au/make-an-appointment/)

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