

Adult Age Group Squad January to April 2012 Training Plan

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st REST DAY - NO SESSIONS New Years Day
2 nd 5.30 am Road Bike (2 hours) + Run and then easy Swim PM – NO SESSION	3 rd 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run Run	4 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	5 th 5.00 am Rollout for Bike (need to be at Centre by 4.55 am to be ready) or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	6 th 5.30 to 7.00 am Swim PM – NO SESSION	7 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	8 th Bike - 5.30 am Clem Jones Centre start - Various Groups - 60 to 100 km rides
9 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	10 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	11 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	12 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	13 th 5.30 to 7.00 am Swim PM – NO SESSION	14 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	15 th RACE - Gatorade Series Race 4 at Robina Or Written Self Start Bike - 5.30 am Clem Jones Centre start - Various Groups - 60 to 100 km rides
16 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	17 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	18 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	19 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	20 th 5.30 to 7.00 am Swim PM – NO SESSION	21 st 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	22 nd Training Race Over Sprint Distance (Canberra Athletes especially) 5.30 am Arrive for 6.00 am Race Start Approx 8.30 am Finish Or Bike - 5.30 am Clem Jones Centre start - Various Groups - 60 to 100 km rides
23 rd 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	24 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	25 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	26 th 5.30 to 7.00 am – Race Warm-up Swim, Bike and Run for those Racing Canberra 5.30 am Road Bike for Adults not racing Canberra (2 hour minimum) PM – NO SESSION	27 th 5.30 to 7.00 am Swim PM – NO SESSION	28 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	29 th Bike - 5.30 am Clem Jones Centre start - Various Groups - 60 to 100 km rides Or 7.00 to 9.00 am Bike at Metroplex
30 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	31 st				Any athlete wanting own time run sessions on Thursday night please email Warwick and I will send you one suitable for your goals and current fitness levels.	

Adult Age Group Squad Races

- 15th January 2012 Gatorade Series Race 4, Robina
- 29th January 2012 Australian Sprint Distance Championships, Canberra
- 5th February 2012 Gatorade Series Race 5, Caloundra
- 5th February 2012 Hell of West Triathlon
- 12th February 2012 Geelong Olympic Distance Race, Geelong
- 26th February 2012 Gatorade Series Race 5, Raby Bay
- 4th March 2012 Queensland Sprint Distance Championships, Redcliffe
(Can all athletes enter this race as many of our athletes are winning age group State Titles and our club is on track to be Club of the Year again if we have enough athletes doing this race and racing well to win!)
- 10th March 2012 Devonport Olympic Distance Race, Tasmania
- 23rd to 25th March 2012 Mooloolaba Triathlon Festival
- 25th March 2012 Ironman Melbourne
- 15th April 2012 Sydney Olympic Distance Race
- 21st April Luke Harrop Memorial Race, Gold Coast
- 29th April 2012 Queensland Olympic Distance Championships, Redcliffe

Notes

- Any variation to the above weekend training program will be emailed on Thursday to all squad members in the event of a change

Adult Age Group Squad January to April 2012 Training Plan

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 st AM – NO SESSION 6.00 to 7.30pm Gym + Swim	2 nd 5.00 am Rollout for Bike (need to be at Centre by 4.55 am to be ready) or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	3 rd 5.30 to 7.00 am Swim PM – NO SESSION	4 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	5 th RACE - Gatorade Series Race 5 at Caloundra RACE – Hell of West Triathlon Or Emailed Self Start Bike - 5.30 am Clem Jones Centre start - Various Groups - 60 to 100 km rides Or REST DAY for those that raced Canberra
6 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	7 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	8 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	9 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	10 th 5.30 to 7.00 am Swim PM – NO SESSION	11 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	12 th Bike - 5.30 am Clem Jones Centre start - Various Groups - 60 to 100 km rides
13 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	14 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	15 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	16 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	17 th 5.30 to 7.00 am Swim PM – NO SESSION	18 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	19 th 5.00 for 5.30 am Race Start for Various Triathlon Races Or 7.00 to 9.00 am Bike at Metroplex
20 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	21 st 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	22 nd AM – NO SESSION 6.00 to 7.30pm Gym + Swim	23 rd 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	24 th 5.30 to 7.00 am Swim PM – NO SESSION	25 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	26 th RACE - Gatorade Series Race 6 at Raby Bay Or 5.30 am Ride from the Clem Jones Centre aiming to be at the race no later than 7.30 am before splitting ride into different groups
27 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	28 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run				Any athlete wanting own time run sessions on Thursday night please email Warwick and I will send you one suitable for your goals and current fitness levels.	

Adult Age Group Squad Races

- 5th February 2012 Gatorade Series Race 5, Caloundra
- 5th February 2012 Hell of West Triathlon
- 12th February 2012 Geelong Olympic Distance Race, Geelong
- 26th February 2012 Gatorade Series Race 5, Raby Bay
- 4th March 2012 Queensland Sprint Distance Championships, Redcliffe
(Can all athletes enter this race as many of our athletes are winning age group State Titles and our club is on track to be Club of the Year again if we have enough athletes doing this race and racing well to win!)
- 10th March 2012 Devonport Olympic Distance Race, Tasmania
- 23rd to 25th March 2012 Mooloolaba Triathlon Festival
- 25th March 2012 Ironman Melbourne
- 15th April 2012 Sydney Olympic Distance Race
- 21st April Luke Harrop Memorial Race, Gold Coast
- 29th April 2012 Queensland Olympic Distance Championships, Redcliffe
(Can all athletes enter this race as many of our athletes are winning age group State Titles and our club is on track to be Club of the Year again if we have enough athletes doing this race and racing well to win!)

Notes

Any variation to the above weekend training program will be emailed on Thursday to all squad members in the event of a change

Adult Age Group Squad January to April 2012 Training Plan

March 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 st 5.00 am Rollout for Bike (need to be at Centre by 4.55 am to be ready) or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	2 nd 5.30 to 7.00 am Swim PM – NO SESSION	3 rd 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	4 th TQ RACE - Queensland Sprint Distance Championships All athletes are asked to do this event so the club is able to win State Championships. Those that would like to get some extra mileage we will run to and from the event
5 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	6 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	7 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	8 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	9 th 5.30 to 7.00 am Swim PM – NO SESSION	10 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre RACE – Devonport Triathlon	11 th 5.30 from 6.000 am start for Squad Races of various distances at Clem Jones
12 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	13 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	14 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	15 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	16 th 5.30 to 7.00 am Swim PM – NO SESSION	17 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	18 th 5.30 am Swim and Bike from Clem Jones Centre
19 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	20 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	21 st AM – NO SESSION 6.00 to 7.30pm Gym + Swim	22 nd 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	23 rd 5.30 to 7.00 am Swim Or 5.30 am Bike + Run and Swim Race Warm-up for those racing Mooloolaba Or 7.00 am Run + Swim from the Mooloolaba Surf Club for those already there PM – NO SESSION	24 th and 25 th Mooloolaba Triathlon Weekend 7.00 am Saturday 26 th Beach Swim at Mooloolaba RACE – Mooloolaba Triathlon RACE - Ironman Melbourne	
26 th 5.30 to 7.00 am Swim Or 7.00 am Ocean Swim from the Mooloolaba Surf Club 6.00 to 7.30 pm Swim	27 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	28 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	29 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	30 th 5.30 to 7.00 am Swim PM – NO SESSION	31 st 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	Any athlete wanting own time run sessions on Thursday night please email Warwick and I will send you one suitable for your goals and current fitness levels.

Adult Age Group Squad Races

- 4th March 2012 Queensland Sprint Distance Championships, Redcliffe
(Can all athletes enter this race as many of our athletes are winning age group State Titles and our club is on track to be Club of the Year again if we have enough athletes doing this race and racing well to win!)
- 10th March 2012 Devonport Olympic Distance Race, Tasmania
- 23rd to 25th March 2012 Mooloolaba Triathlon Festival
- 25th March 2012 Ironman Melbourne
- 15th April 2012 Sydney Olympic Distance Race
- 21st April Luke Harrop Memorial Race, Gold Coast
- 29th April 2012 Queensland Olympic Distance Championships, Redcliffe
(Can all athletes enter this race as many of our athletes are winning age group State Titles and our club is on track to be Club of the Year again if we have enough athletes doing this race and racing well to win!)

Notes

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Adult Age Group Squad January to April 2012 Training Plan

April 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st <i>Break</i>
2 nd 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	3 rd 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	4 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	5 th 5.00 am Rollout for Bike (need to be at Centre by 4.55 am to be ready) or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	6 th REST DAY – NO SESSIONS Good Friday	7 th REST DAY – NO SESSIONS Easter Saturday	8 th REST DAY – NO SESSIONS Easter Sunday
9 th REST DAY – NO SESSIONS Easter Monday	10 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	11 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	12 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	13 th 5.30 to 7.00 am Swim PM – NO SESSION	14 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	15 th Bike - 5.30 am Clem Jones Centre start - Various Groups - 60 to 100 km rides or 7.00 to 9.00 am Bike at Metroplex
16 th 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	17 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	18 th AM – NO SESSION 6.00 to 7.30pm Gym + Swim	19 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	20 th 5.30 to 7.00 am Swim PM – NO SESSION	21 st 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	22 nd RACE - Gatorade Series Race 7 at Luke Harrop Memorial Race
23 rd 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim	24 th 5.30 to 7.00 am Run or Swim 6.00 to 7.30 pm Bike + Run	25 th REST DAY – NO SESSIONS Due to ANZAC Day	26 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run 6.00 to 7.30 pm Run + Swim	27 th 5.30 to 7.00 am Swim PM – NO SESSION	28 th 5.30 to 9.00 am Swim/Bike/Run from Clem Jones Centre	29 th TQ RACE - Queensland Olympic Distance Championships
30 th April 5.30 to 7.00 am Swim 6.00 to 7.30 pm Swim					Any athlete wanting own time run sessions on Thursday night please email Warwick and I will send you one suitable for your goals and current fitness levels.	

Adult Age Group Squad Races

- 15th April 2012 Sydney Olympic Distance Race
- 21st April Luke Harrop Memorial Race, Gold Coast
- 29th April 2012 Queensland Olympic Distance Championships, Redcliffe

(Can all athletes enter this race as many of our athletes are winning age group State Titles and our club is on track to be Club of the Year again if we have enough athletes doing this race and racing well to win!)

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