

Adult Morning Beginner 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	4 th AM - NO SESSION	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 th 5.30 to 7.00 am Swim	7 th NO SESSION IN THIS SQUAD	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	10 th 5.30 to 7.00 am Run or Swim	11 th AM - NO SESSION	12 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	13 th 5.30 to 7.00 am Swim	14 th NO SESSION IN THIS SQUAD	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	17 th 5.30 to 7.00 am Run or Swim	18 th AM - NO SESSION	19 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	20 th 5.30 to 7.00 am Swim	21 st NO SESSION IN THIS SQUAD	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	24 th 5.30 to 7.00 am Run or Swim	25 th AM - NO SESSION	26 th 5.30 to 7.00 am - Race Warm-up Swim, Bike and Run for those Racing Canberra or 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	28 th NO SESSION IN THIS SQUAD	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	31 st 5.30 to 7.00 am Run or Swim					

Adult Morning Beginner 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
 - 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
 - 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 Morning Beginner Squad January to April 2012 Training Plan

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 st AM – NO SESSION	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	3 rd 5.30 to 7.00 am Swim	4 th NO SESSION IN THIS SQUAD	5 th RACE - Gatorade Series Race 5 at Caloundra 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	7 th 5.30 to 7.00 am Run or Swim	8 th AM – NO SESSION	9 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	10 th 5.30 to 7.00 am Swim	11 th NO SESSION IN THIS SQUAD	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	14 th 5.30 to 7.00 am Run or Swim	15 th AM – NO SESSION	16 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	17 th 5.30 to 7.00 am Swim	18 th NO SESSION IN THIS SQUAD	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	21 st 5.30 to 7.00 am Run or Swim	22 nd AM – NO SESSION	23 rd 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	24 th 5.30 to 7.00 am Swim	25 th NO SESSION IN THIS SQUAD	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	28 th 5.30 to 7.00 am Run or Swim					

Adult Morning Beginner Squad Races

- 5th February 2012 Gatorade Series Race 5, Caloundra
- 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
- 10th March 2012 Devonport Olympic Distance Race, Tasmania
- 15th April 2012 Sydney Olympic Distance Race
- 21st April Luke Harrop Memorial Race, Gold Coast
- 29th April 2012 Queensland Olympic Distance Championships, Redcliffe

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Adult Morning Beginner 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	2 nd 5.30 to 7.00 am Swim	3 rd NO SESSION IN THIS SQUAD	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 th 5.30 to 7.00 am Run or Swim	7 th AM – NO SESSION	8 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	9 th 5.30 to 7.00 am Swim	10 th NO SESSION IN THIS SQUAD 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	13 th 5.30 to 7.00 am Run or Swim	14 th AM – NO SESSION	15 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	16 th 5.30 to 7.00 am Swim	17 th NO SESSION IN THIS SQUAD	18 th 5.30 am Swim and Bike from Clem Jones Centre
19 th 5.30 to 7.00 am Swim	20 th 5.30 to 7.00 am Run or Swim	21 st AM – NO SESSION	22 nd 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	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	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	27 th 5.30 to 7.00 am Run or Swim	28 th AM – NO SESSION	29 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	30 th 5.30 to 7.00 am Swim	31 st NO SESSION IN THIS SQUAD	

Adult Morning Beginner 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
- 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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Adult Morning Beginner Squad January to April 2012 Training Plan

April 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st Break
2 nd 5.30 to 7.00 am Swim	3 rd 5.30 to 7.00 am Run or Swim	4 th AM – NO SESSION	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 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	11 th AM – NO SESSION	12 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	13 th 5.30 to 7.00 am Swim	14 th NO SESSION IN THIS SQUAD	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	17 th 5.30 to 7.00 am Run or Swim	18 th AM – NO SESSION	19 th 5.00 am Rollout for Bike or 5.30 to 7.00 am Bike + Run	20 th 5.30 to 7.00 am Swim	21 st NO SESSION IN THIS SQUAD	22 nd RACE - Gatorade Series Race 7 at Luke Harrop Memorial Race
23 rd 5.30 to 7.00 am Swim	24 th 5.30 to 7.00 am Run or Swim	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	27 th 5.30 to 7.00 am Swim	28 th NO SESSION IN THIS SQUAD	29 th TQ RACE - Queensland Olympic Distance Championships
30 th April 5.30 to 7.00 am Swim						

Adult Morning Beginner 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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