

# Junior Age Squad Group January to April 2012 Training Plan

## January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 <sup>st</sup> <b>REST DAY</b> – NO SESSIONS New Years Day
2 <sup>nd</sup> Training Race Over Schools Distance 5.30 am Arrive for 6.00 am Race Start Approx 8.30 am Finish <b>PM – NO SESSION</b>	3 <sup>rd</sup> 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	4 <sup>th</sup> <b>AM – NO SESSION</b> 4.30 to 6.30pm Gym + Swim	5 <sup>th</sup> 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	6 <sup>th</sup> 5.30 to 7.00 am Swim <b>PM – NO SESSION</b>	7 <sup>th</sup> 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	8 <sup>th</sup> Training Race Over Schools Distance 5.30 am Arrive for 6.00 am Race Start Approx 8.30 am Finish
9 <sup>th</sup> <b>AM – REST MORNING</b> 4.30 to 6.30 pm Swim	10 <sup>th</sup> 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	11 <sup>th</sup> <b>AM – NO SESSION</b> 4.30 to 6.30pm Gym + Swim	12 <sup>th</sup> 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	13 <sup>th</sup> 5.30 to 7.00 am Swim <b>PM – NO SESSION</b>	14 <sup>th</sup> 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	15 <sup>th</sup> <b>RACE - Gatorade Series Race 4 at Robina</b>
16 <sup>th</sup> <b>AM – REST MORNING</b> 4.30 to 6.30 pm Swim	17 <sup>th</sup> 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	18 <sup>th</sup> <b>AM – NO SESSION</b> 4.30 to 6.30pm Gym + Swim	19 <sup>th</sup> 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	20 <sup>th</sup> 5.30 to 7.00 am Swim <b>PM – NO SESSION</b>	21 <sup>st</sup> 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	22 <sup>nd</sup> Training Race Over Schools Distance 5.30 am Arrive for 6.00 am Race Start Approx 8.30 am Finish
23 <sup>rd</sup> <b>AM – REST MORNING</b> 4.30 to 6.30 pm Swim	24 <sup>th</sup> 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	25 <sup>th</sup> <b>AM – NO SESSION</b> 4.30 to 6.30pm Gym + Swim	26 <sup>th</sup> <b>REST DAY</b> – NO SESSIONS Australia Day	27 <sup>th</sup> 5.30 to 7.00 am Swim <b>PM – NO SESSION</b>	28 <sup>th</sup> 6.00 to 9.00 am Swim, <u>Windtrainer Bike and Run Turbo Session</u> at Clem Jones Centre	29 <sup>th</sup> 7.00 to 9.00 am Bike at Metroplex
30 <sup>th</sup> 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim	31 <sup>st</sup>					

### Junior Age Group Squad Races

- 15<sup>th</sup> January 2012 Gatorade Series Race 4
- 5<sup>th</sup> February 2012 Gatorade Series Race 5
- 23<sup>rd</sup> to 25<sup>th</sup> February 2012 – Queensland Secondary Schools Aquathlon and Triathlon Championships
- 26<sup>th</sup> February 2012 Gatorade Series Race 5
- 4<sup>th</sup> 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!)*
- 22-23<sup>rd</sup> March 2012 National Draft Legal Championships
- 2-5<sup>th</sup> April 2012 National Schools Triathlon Championships, WA
- 22<sup>nd</sup> April 2012 Gatorade Series Race 6 – Luke Harrop Memorial Race

### Notes

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

# Junior Age Squad Group January to April 2012 Training Plan

## February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <sup>st</sup> <b>AM – NO SESSION</b> 4.30 to 6.30pm Gym + Swim	2 <sup>nd</sup> 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	3 <sup>rd</sup> 5.30 to 7.00 am Swim  <b>PM – NO SESSION</b>	4 <sup>th</sup> 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	5 <sup>th</sup> <b>RACE - Gatorade Series Race 5 at Caloundra</b>
6 <sup>th</sup> <b>AM – REST MORNING</b> 4.30 to 6.30 pm Swim	7 <sup>th</sup> 5.30 to 7.00 am Run or Swim 4.30 to 6.30pm Bike + Run	8 <sup>th</sup> <b>AM – NO SESSION</b> 4.30 to 6.30pm Gym + Swim	9 <sup>th</sup> 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	10 <sup>th</sup> 5.30 to 7.00 am Swim  <b>PM – NO SESSION</b>	11 <sup>th</sup> 6.00 to 9.00 am Swim, <u>Windtrainer Bike and Run Turbo Session</u> at Clem Jones Centre	12 <sup>th</sup> Training Race Over Schools Distance 5.30 am Arrive for 6.00 am Race Start Approx 8.30 am Finish
13 <sup>th</sup> <b>AM – REST MORNING</b> 4.30 to 6.30 pm Swim	14 <sup>th</sup> 5.30 to 7.00 am Run or Swim 4.30 to 6.30pm Bike + Run	15 <sup>th</sup> <b>AM – NO SESSION</b> 4.30 to 6.30pm Gym + Swim	16 <sup>th</sup> 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	17 <sup>th</sup> 5.30 to 7.00 am Swim  <b>PM – NO SESSION</b>	18 <sup>th</sup> <b>REST DAY</b> Before Schools Triathlon Rest Day to Recover for next weekend	19 <sup>th</sup> 7.00 to 9.00 am Bike at Metoplex
20 <sup>th</sup> 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim	21 <sup>st</sup> 5.30 to 7.00 am Run or Swim 4.30 to 6.30pm Bike + Run	22 <sup>nd</sup> <u>AM – SPECIAL SCHOOL ATHLETE SESSION</u> 5.30 to 7.00 am Swim + Road Bike + Run  <b>PM – NO SESSION</b>	23 <sup>rd</sup> 5.30 to 7.00 am Swim + Road Bike + Run  <b>PM – NO SESSION</b> Rest before the Race	24 <sup>th</sup> <b>NO SESSION</b> <b>RACE - Queensland Secondary Schools Championship</b>	25 <sup>th</sup> <b>REST DAY – NO SESSIONS</b>	26 <sup>th</sup> <b>RACE - Gatorade Series Race 6 at Raby Bay</b>
27 <sup>th</sup> <b>AM – REST MORNING</b> 4.30 to 6.30 pm Swim  Meeting - 6.00 pm Athlete and Parent Meeting for Those that Have Made National Schools Triathlon Championships	28 <sup>th</sup> 5.30 to 7.00 am Run or Swim 4.30 to 6.30pm Bike + Run					

### Junior Age Group Squad Races

- 5<sup>th</sup> February 2012 Gatorade Series Race 5
- 23<sup>rd</sup> to 25<sup>th</sup> February 2012 – Queensland Secondary Schools Aquathlon and Triathlon Championships
- 26<sup>th</sup> February 2012 Gatorade Series Race 5
- 4<sup>th</sup> 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!)*
- 22-23<sup>rd</sup> March 2012 National Draft Legal Championships
- 2-5<sup>th</sup> April 2012 National Schools Triathlon Championships, WA
- 22<sup>nd</sup> April 2012 Gatorade Series Race 6 – Luke Harrop Memorial Race

### Notes

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# Junior Age Squad Group January to April 2012 Training Plan

## March 2012 Off-Season Break

Training breaks for triathletes in Junior Age Group and Junior Development Squads are from Monday 5<sup>th</sup> March with squad training resuming Monday 2<sup>nd</sup> April. This will give the coaches time to prepare the juniors for a longer period of time for cross country season beginning in early May.

Full monthly training fees are due on 1<sup>st</sup> March with the balance of three weeks training credited for April, with training fees then not due to 1<sup>st</sup> May.

For those athletes that qualify to compete in the National Schools Championships we will work out a suitable program and expectations on Monday 27<sup>th</sup> February 6.00 PM athlete, parent and coach meeting. Athletes who qualify for Nationals Triathlon Championships will not have a break in March but will have a break in April after the event.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <sup>st</sup> 5.30 to 7.00 am Bike + Run  4.30 to 6.30 pm Run + Swim	2 <sup>nd</sup> 5.30 to 7.00 am Swim  <b>PM – NO SESSION</b>	3 <sup>rd</sup>  6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	4 <sup>th</sup>  <b>TQ RACE - Queensland Sprint Distance Championships</b>
5 <sup>th</sup> <i>Break</i>	6 <sup>th</sup> <i>Break</i>	7 <sup>th</sup> <i>Break</i>	8 <sup>th</sup> <i>Break</i>	9 <sup>th</sup> <i>Break</i>	10 <sup>th</sup> <i>Break</i>	11 <sup>th</sup> <i>Break</i>
12 <sup>th</sup> <i>Break</i>	13 <sup>th</sup> <i>Break</i>	14 <sup>th</sup> <i>Break</i>	15 <sup>th</sup> <i>Break</i>	16 <sup>th</sup> <i>Break</i>	17 <sup>th</sup> <i>Break</i>	18 <sup>th</sup> <i>Break</i>
19 <sup>th</sup> <i>Break</i>	20 <sup>th</sup> <i>Break</i>	21 <sup>st</sup> <i>Break</i>	22 <sup>nd</sup> <i>Break</i>	23 <sup>rd</sup> <i>Break</i>	24 <sup>th</sup> <i>Break</i>	25 <sup>th</sup> <i>Break</i>
26 <sup>th</sup> <i>Break</i>	27 <sup>th</sup> <i>Break</i>	28 <sup>th</sup> <i>Break</i>	29 <sup>th</sup> <i>Break</i>	30 <sup>th</sup> <i>Break</i>	31 <sup>st</sup> <i>Break</i>	

## Junior Age Group Squad Races

- 4<sup>th</sup> 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!)*
- 22-23<sup>rd</sup> March 2012 National Draft Legal Championships
- 2-5<sup>th</sup> April 2012 National Schools Triathlon Championships, WA
- 22<sup>nd</sup> April 2012 Gatorade Series Race 6 – Luke Harrop Memorial Race

## Notes

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# Junior Age Squad Group January to April 2012 Training Plan

## April 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 <sup>st</sup> <i>Break</i>
2 <sup>nd</sup> 5.30 to 7.00 am Swim  4.30 to 6.30 pm Swim	3 <sup>rd</sup> 5.30 to 7.00 am Run or Swim  4.30 to 6.30 pm Bike + Run	4 <sup>th</sup> <b>AM – NO SESSION</b>  4.30 to 6.30pm Gym + Swim	5 <sup>th</sup> 5.30 to 7.00 am Bike + Run  4.30 to 6.30 pm Run + Swim	6 <sup>th</sup> <b>REST DAY – NO SESSIONS</b> Good Friday	7 <sup>th</sup> <b>REST DAY – NO SESSIONS</b> Easter Saturday	8 <sup>th</sup> <b>REST DAY – NO SESSIONS</b> Easter Sunday
9 <sup>th</sup> <b>REST DAY – NO SESSIONS</b> Easter Monday	10 <sup>th</sup> 5.30 to 7.00 am Run or Swim  4.30 to 6.30 pm Bike + Run	11 <sup>th</sup> <b>AM – NO SESSION</b>  4.30 to 6.30pm Gym + Swim	12 <sup>th</sup> 5.30 to 7.00 am Bike + Run  4.30 to 6.30 pm Run + Swim	13 <sup>th</sup> 5.30 to 7.00 am Swim  <b>PM – NO SESSION</b>	14 <sup>th</sup> 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	15 <sup>th</sup> 7.00 to 9.00 am Bike at Metroplex
16 <sup>th</sup> 5.30 to 7.00 am Swim  4.30 to 6.30 pm Swim	17 <sup>th</sup> 5.30 to 7.00 am Run or Swim  4.30 to 6.30 pm Bike + Run	18 <sup>th</sup> <b>AM – NO SESSION</b>  4.30 to 6.30pm Gym + Swim	19 <sup>th</sup> 5.30 to 7.00 am Bike + Run  4.30 to 6.30 pm Run + Swim	20 <sup>th</sup> 5.30 to 7.00 am Swim  <b>PM – NO SESSION</b>	21 <sup>st</sup> 6.00 to 9.00 am Swim/Windtrainer/Bike/ Run from Clem Jones Centre	22 <sup>nd</sup> <b>RACE - Gatorade Series Race 7 at Luke Harrop Memorial Race</b>
23 <sup>rd</sup> <b>AM – REST MORNING</b>  4.30 to 5.30 pm Swim 5.30 to 6.30 pm Bike	24 <sup>th</sup> 5.30 to 7.00 am Run or Swim  4.30 to 6.30 pm Run + Swim	25 <sup>th</sup> <b>REST DAY – NO SESSIONS</b>  Due to ANZAC Day	26 <sup>th</sup> 5.30 to 7.00 am Run  4.30 to 6.30 pm Run + Swim	27 <sup>th</sup> 5.30 to 7.00 am Swim  <b>PM – NO SESSION</b>	28 <sup>th</sup> 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	29 <sup>th</sup> <b>REST DAY – NO SESSIONS</b>
30 <sup>th</sup> April  5.30 to 7.00 am Swim  4.30 to 5.30 pm Swim 5.30 to 6.30 pm Bike						

### Junior Age Group Squad Races

- 2-5<sup>th</sup> April 2012 National Schools Triathlon Championships, WA
- 22<sup>nd</sup> April 2012 Gatorade Series Race 6 – Luke Harrop Memorial Race

There will be a number of cross country events added as these events become advertised in April and May within the local area.

### Notes

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