

Junior Beginner Squad January to March 2012 Training Plan

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st
						15 th RACE - Gatorade Series Race 4 at Robina
16 th 4.15 to 5.30 pm Bike + Run	17 th	18 th 4.15 to 5.30pm Gym + Swim	19 th 4.15 to 5.30 pm Run + Swim	20 th	21 st 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	22 nd
23 rd 4.15 to 5.30 pm Bike + Run	24 th	25 th 4.15 to 5.30pm Gym + Swim	26 th REST DAY - NO SESSIONS Australia Day	27 th	28 th 6.00 to 8.30 am Swim, <u>Windtrainer Bike</u> and <u>Run Turbo Session</u> at Clem Jones Centre	29 th
30 th 4.15 to 5.30 pm Bike + Run	31 st					

Junior Beginner Squad Races – After Christmas

- 15th January 2012 Gatorade Series Race 4
- 5th February 2012 Gatorade Series Race 5
- 23rd to 25th February 2012 – Queensland Secondary Schools Aquathlon and Triathlon Championships
- 26th February 2012 Gatorade Series Race 5
- 22nd April 2012 Gatorade Series Race 6 – Luke Harrop Memorial Race

Junior Beginner Squad January to March 2012 Training Plan

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 st 4.15 to 5.30pm Gym + Swim	2 nd 4.15 to 5.30 pm Run + Swim	3 rd	4 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	5 th RACE - Gatorade Series Race 5 at Caloundra
6 th 4.15 to 5.30 pm Bike + Run	7 th	8 th 4.15 to 5.30pm Gym + Swim	9 th 4.15 to 5.30 pm Run + Swim	10 th	11 th 6.00 to 8.30 am Swim, <u>Windtrainer Bike and Run Turbo Session</u> at Clem Jones Centre	12 th
13 th 4.15 to 5.30 pm Bike + Run	14 th	15 th 4.15 to 5.30pm Gym + Swim	16 th 4.15 to 5.30 pm Run + Swim	17 th	18 th 6.00 to 8.30 am Swim, Bike and Run Turbo Session at Clem Jones Centre	19 th
20 th 4.15 to 5.30 pm Bike + Run	21 st	22 nd 4.15 to 5.30pm Gym + Swim	23 rd 4.15 to 5.30 pm Run + Swim	24 th Race – Queensland Schools Championship Race	25 th NO Training at Clem Jones Centre – due to Queensland Schools Triathlon Championship	26 th RACE - Gatorade Series Race 5 at Raby Bay
27 th 4.15 to 5.30 pm Bike + Run	28 th					

Junior Beginner Squad Races

- 5th February 2012 Gatorade Series Race 5
- 23rd to 25th February 2012 – Queensland Secondary Schools Aquathlon and Triathlon Championships
- 26th February 2012 Gatorade Series Race 5
- 22nd April 2012 Gatorade Series Race 6 – Luke Harrop Memorial Race

Junior Beginner Squad January to March 2012 Training Plan

March 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 st 4.15 to 5.30 pm Run + Swim	2 nd	3 rd 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	4 th
5 th 4.15 to 5.30 pm Bike + Run	6 th	7 th 4.15 to 5.30pm Gym + Swim	8 th 4.15 to 5.30 pm Run + Swim	9 th	10 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	11 th
12 th 4.15 to 5.30 pm Bike + Run	13 th	14 th 4.15 to 5.30pm Gym + Swim	15 th 4.15 to 5.30 pm Run + Swim	16 th	17 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	18 th
19 th 4.15 to 5.30 pm Bike + Run	20 th	21 st 4.15 to 5.30pm Gym + Swim	22 nd 4.15 to 5.30 pm Run + Swim	23 rd	24 th NO Training at Clem Jones Centre – due to Mooloolaba Triathlon	25 th
26 th 4.15 to 5.30 pm Bike + Run	27 th	28 th 4.15 to 5.30 pm Break-up Session at Clem Jones Centre	29 th	30 th	31 st	

Junior Beginner Squad Races

- 22nd April 2012 Gatorade Series Race 6 – Luke Harrop Memorial Race

Junior Beginner Triathlon Squad 9-13 years 2011/12 – will resume Monday 3rd September 2012 after annual off-season break.

Athletes who wish to progress from the Junior Beginner Squad to the Junior Development Squad can do so if they would like. Please email Warwick Dalziel if you have any questions on this progression process.

The **Junior Development Triathlon Squad 11-17 years** – will resume on Tuesday 1st May 2012 for those athlete progressing from the Junior Beginner Squad as we get ready for the cross country run season with run focused training programs