

Junior Development 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 Training Race Over Schools Distance 5.30 am Arrive for 6.00 am Race Start Approx 8.30 am Finish PM – NO SESSION	3 rd 4.30 to 6.30 pm Bike + Run	4 th 4.30 to 6.30pm Gym + Swim	5 th 4.30 to 6.30 pm Run + Swim	6 th PM – NO SESSION	7 th NO SESSION IN THIS SQUAD	8 th Training Race Over Schools Distance 5.30 am Arrive for 6.00 am Race Start Approx 8.30 am Finish
9 th 4.30 to 6.30 pm Swim	10 th 4.30 to 6.30 pm Bike + Run	11 th 4.30 to 6.30pm Gym + Swim	12 th 4.30 to 6.30 pm Run + Swim	13 th PM – NO SESSION	14 th NO SESSION IN THIS SQUAD	15 th RACE - Gatorade Series Race 4 at Robina
16 th 4.30 to 6.30 pm Swim	17 th 4.30 to 6.30 pm Bike + Run	18 th 4.30 to 6.30pm Gym + Swim	19 th 4.30 to 6.30 pm Run + Swim	20 th PM – NO SESSION	21 st NO SESSION IN THIS SQUAD	22 nd Training Race Over Schools Distance 5.30 am Arrive for 6.00 am Race Start Approx 8.30 am Finish
23 rd 4.30 to 6.30 pm Swim	24 th 4.30 to 6.30 pm Bike + Run	25 th 4.30 to 6.30pm Gym + Swim	26 th REST DAY – NO SESSIONS Australia Day	27 th PM – NO SESSION	28 th NO SESSION IN THIS SQUAD	29 th 7.00 to 9.00 am Bike at Metroplex
30 th 4.30 to 6.30 pm Swim	31 st					

Junior Development Squad Races

- 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
- 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!)
- 22-23rd March 2012 National Draft Legal Championships
- 2-5th April 2012 National Schools Triathlon Championships, WA
- 22nd 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 Development Squad January to April 2012 Training Plan

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 st 4.30 to 6.30pm Gym + Swim	2 nd 4.30 to 6.30 pm Run + Swim	3 rd PM – NO SESSION	4 th NO SESSION IN THIS SQUAD	5 th RACE - Gatorade Series Race 5 at Caloundra
6 th 4.30 to 6.30 pm Swim	7 th 4.30 to 6.30pm Bike + Run	8 th 4.30 to 6.30pm Gym + Swim	9 th 4.30 to 6.30 pm Run + Swim	10 th PM – NO SESSION	11 th NO SESSION IN THIS SQUAD	12 th Training Race Over Schools Distance 5.30 am Arrive for 6.00 am Race Start Approx 8.30 am Finish
13 th 4.30 to 6.30 pm Swim	14 th 4.30 to 6.30pm Bike + Run	15 th 4.30 to 6.30pm Gym + Swim	16 th 4.30 to 6.30 pm Run + Swim	17 th PM – NO SESSION	18 th NO SESSION IN THIS SQUAD	19 th 7.00 to 9.00 am Bike at Metoplex
20 th 4.30 to 6.30 pm Swim	21 st 4.30 to 6.30pm Bike + Run	22 nd <u>AM – SPECIAL SCHOOL ATHLETE SESSION</u> 5.30 to 7.00 am Swim + Road Bike + Run PM – NO SESSION	23 rd <u>AM – SPECIAL SCHOOL ATHLETE SESSION</u> 5.30 to 7.00 am Swim + Road Bike + Run PM – NO SESSION Rest before the Race	24 th RACE - Queensland Secondary Schools Championship	25 th NO SESSION IN THIS SQUAD	26 th RACE - Gatorade Series Race 6 at Raby Bay
27 th 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 th 4.30 to 6.30pm Bike + Run					

Junior Development 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
- 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!)
- 22-23rd March 2012 National Draft Legal Championships
- 2-5th April 2012 National Schools Triathlon Championships, WA
- 22nd April 2012 Gatorade Series Race 6 – Luke Harrop Memorial Race

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Junior Development Squad 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 5th March with squad training resuming Monday 2nd 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 1st March with the balance of three weeks training credited for April, with training fees then not due to 1st May.

For those athletes that qualify to compete in the National Schools Championships we will work out a suitable program and expectations on Monday 27th 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 st 4.30 to 6.30 pm Run + Swim	2 nd PM – NO SESSION	3 rd NO SESSION IN THIS SQUAD	4 th TQ RACE - Queensland Sprint Distance Championships
5 th <i>Break</i>	6 th <i>Break</i>	7 th <i>Break</i>	8 th <i>Break</i>	9 th <i>Break</i>	10 th <i>Break</i>	11 th <i>Break</i>
12 th <i>Break</i>	13 th <i>Break</i>	14 th <i>Break</i>	15 th <i>Break</i>	16 th <i>Break</i>	17 th <i>Break</i>	18 th <i>Break</i>
19 th <i>Break</i>	20 th <i>Break</i>	21 st <i>Break</i>	22 nd <i>Break</i>	23 rd <i>Break</i>	24 th <i>Break</i>	25 th <i>Break</i>
26 th <i>Break</i>	27 th <i>Break</i>	28 th <i>Break</i>	29 th <i>Break</i>	30 th <i>Break</i>	31 st <i>Break</i>	

Junior Development 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!)
- 22-23rd March 2012 National Draft Legal Championships
- 2-5th April 2012 National Schools Triathlon Championships, WA
- 22nd April 2012 Gatorade Series Race 6 – Luke Harrop Memorial Race

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Junior Development Squad January to April 2012 Training Plan

April 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st <i>Break</i>
2 nd 4.30 to 6.30 pm Swim	3 rd 4.30 to 6.30 pm Bike + Run	4 th 4.30 to 6.30pm Gym + Swim	5 th 4.30 to 6.30 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 4.30 to 6.30 pm Bike + Run	11 th 4.30 to 6.30pm Gym + Swim	12 th 4.30 to 6.30 pm Run + Swim	13 th PM - NO SESSION	14 th NO SESSION IN THIS SQUAD	15 th 7.00 to 9.00 am Bike at Metroplex
16 th 4.30 to 6.30 pm Swim	17 th 4.30 to 6.30 pm Bike + Run	18 th 4.30 to 6.30pm Gym + Swim	19 th 4.30 to 6.30 pm Run + Swim	20 th PM - NO SESSION	21 st NO SESSION IN THIS SQUAD	22 nd RACE - Gatorade Series Race 7 at Luke Harrop Memorial Race
23 rd 4.30 to 5.30 pm Swim 5.30 to 6.30 pm Bike	24 th 4.30 to 6.30 pm Run + Swim	25 th REST DAY - NO SESSIONS Due to ANZAC Day	26 th 4.30 to 6.30 pm Run + Swim	27 th PM - NO SESSION	28 th NO SESSION IN THIS SQUAD	29 th REST DAY - NO SESSIONS
30 th April 4.30 to 5.30 pm Swim 5.30 to 6.30 pm Bike						

Junior Development Squad Races

- 2-5th April 2012 National Schools Triathlon Championships, WA
- 22nd 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.

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