

# Adult Age Group Squad October to December 2011 Training Plan

## October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 <sup>st</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	2 <sup>nd</sup> 5.30 am Bike from Clem Jones Centre – Various Groups 60 to 100 km
3 <sup>rd</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim	4 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	5 <sup>th</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	6 <sup>th</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run + Swim	7 <sup>th</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	8 <sup>th</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	9 <sup>th</sup> <b>Note Early Start Today</b> 5.30 am for 6.00 am Start Swim/Bike/Run race from the Clem Jones Centre Or 5.30 am Bike from Clem Jones Centre – Various Groups 60 to 100 km
10 <sup>th</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim	11 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	12 <sup>th</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	13 <sup>th</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run + Swim	14 <sup>th</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	15 <sup>th</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	16 <sup>th</sup> <b>RACE - Gatorade Series Race 1 at Raby Bay</b> or Self Start Bike 5.30 am from Clem Jones Centre via Victoria Point to race at Raby Bay Triathlon.
17 <sup>th</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim	18 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	19 <sup>th</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	20 <sup>th</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run+ Swim	21 <sup>st</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	22 <sup>nd</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	23 <sup>rd</sup> 5.30 am Noosa Taper Athletes – Swim and Bike or Bike from Clem Jones Centre – Various Groups 60 to 100 km
24 <sup>th</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim	25 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	26 <sup>th</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	27 <sup>th</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run+ Swim	28 <sup>th</sup> 5.30 to 7.00 am Swim Session Or Noosa Participants Race Warm-up Bike first, Run and then Swim  <b>PM – NO SESSION</b>	29 <sup>th</sup> 7.30 am Meet at Club Tent Opposite Lions Park at Noosa for Open Water Swim  <b>NO ADULTS SESSIONS at Clem Jones Centre due to Noosa Triathlon</b>	30 <sup>th</sup> <b>RACE – Noosa Triathlon at Noosa</b>  Or 7.00 to 9.00 am Bike at Metroplex
31 <sup>st</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim						

### Key Adult Age Group Squad Races – Before Christmas

- 16<sup>th</sup> October 2011 Gatorade Series Race 1 – Enter the Series for a Discount

[http://www.usmevents.com.au/Triathlon\\_Multi\\_Sport/Gatorade\\_Queensland\\_Tri\\_Series/Entry.htm](http://www.usmevents.com.au/Triathlon_Multi_Sport/Gatorade_Queensland_Tri_Series/Entry.htm)

- 30<sup>th</sup> October 2011 Noosa Triathlon
- 13<sup>th</sup> November 2011 Gatorade Series Race 2
- 4<sup>th</sup> December 2011 Ironman Western Australia
- 11<sup>th</sup> December 2011 Gatorade Series Race 3

### 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 October to December 2011 Training Plan

## November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 <sup>st</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	2 <sup>nd</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	3 <sup>rd</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run+ Swim	4 <sup>th</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	5 <sup>th</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	6 <sup>th</sup> 5.30 am Bike from Clem Jones Centre – Various Groups 60 to 100 km
7 <sup>th</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim	8 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	9 <sup>th</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	10 <sup>th</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run+ Swim	11 <sup>th</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	12 <sup>th</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	13 <sup>th</sup> <b>RACE - Gatorade Series Race 2 at Robina</b>  Or 5.30 am Bike from Clem Jones Centre – Various Groups 60 to 100 km
14 <sup>th</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim	15 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	16 <sup>th</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	17 <sup>th</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run+ Swim	18 <sup>th</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	19 <sup>th</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	20 <sup>th</sup> <b>REST DAY – NO SESSIONS</b>
21 <sup>st</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim	22 <sup>nd</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	23 <sup>rd</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	24 <sup>th</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run+ Swim	25 <sup>th</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	26 <sup>th</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	27 <sup>th</sup> 5.30 am Bike from Clem Jones Centre – Various Groups 60 to 100 km
28 <sup>th</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim	29 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	30 <sup>th</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim				

### Key Adult Age Group Squad Races – Before Christmas

- 13<sup>th</sup> November 2011 Gatorade Series Race 2
- 4<sup>th</sup> December 2011 Ironman Western Australia
- 11<sup>th</sup> December 2011 Gatorade Series Race 3

#### 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 October to December 2011 Training Plan

## December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <sup>st</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run + Swim	2 <sup>nd</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	3 <sup>rd</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	4 <sup>th</sup> 5.30 to 9.00 am Swim and bike session from Clem Jones Centre
5 <sup>th</sup> 5.30 to 7.00 am Gym + Swim  6.00 to 7.30 pm Swim	6 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	7 <sup>th</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	8 <sup>th</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run + Swim	9 <sup>th</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	10 <sup>th</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	11 <sup>th</sup> <b>RACE - Gatorade Series Race 3 at Raby Bay</b> or Self Start Bike 5.30 am from Clem Jones Centre via Victoria Point to race at Raby Bay Triathlon
12 <sup>th</sup> 5.30 to 7.00 Gym + Swim  6.00 to 7.30 pm Swim	13 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	14 <sup>th</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	15 <sup>th</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run + Swim	16 <sup>th</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	17 <sup>th</sup> <b>REST DAY – NO SESSIONS</b>	18 <sup>th</sup> <b>REST DAY – NO SESSIONS</b>
19 <sup>th</sup> 5.30 to 7.00 Gym + Swim  6.00 to 7.30 pm Swim	20 <sup>th</sup> 5.30 to 7.00 am Run or Swim  6.00 to 7.30 pm Bike + Run	21 <sup>st</sup> <b>AM – NO SESSION</b>  6.00 to 7.30pm Gym + Swim	22 <sup>nd</sup> 5.00 am Bike Or 5.30 to 7.00 am Bike + Run  6.00 to 7.30 pm Run + Swim	23 <sup>rd</sup> 5.30 to 7.00 am Swim Session  <b>PM – NO SESSION</b>	24 <sup>th</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	25 <sup>th</sup> <b>REST DAY</b> - Christmas Day
<b>REST DAY</b> - Boxing Day	27 <sup>th</sup> 7.00 to 9.00 am Swim+ Run Session  <b>PM – NO SESSION</b>	28 <sup>th</sup> <b>AM – NO SESSION</b>  <i>4.30 to 6.30 PM Gym + Swim Only Today</i>	29 <sup>th</sup> 5.30 to 7.00 am Bike + Run  <i>4.30 to 6.30 PM Gym + Swim Only Today</i>	30 <sup>th</sup> 5.30 to 7.00 am Swim  <b>PM – NO SESSION</b>	31 <sup>st</sup> 5.30 to 9.00 am Swim/Bike/Run Session from Clem Jones Centre	1 <sup>st</sup> January <b>REST DAY</b> - New Years Day

### Key Adult Age Group Squad Races

- 4<sup>th</sup> December 2011 Ironman Western Australia
- 11<sup>th</sup> December 2011 Gatorade Series Race 3

### Notes:

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