

Adult Morning Beginner Squad October to December 2011 Training Plan

October

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

Key Morning Adult Beginner Squad Races – Before Christmas

Sprint & Olympic Distance

- 16th 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

- 30th October 2011 Noosa Triathlon
- 13th November 2011 Gatorade Series Race 2
- 11th 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 Morning Beginner Squad October to December 2011 Training Plan

November

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

Key Morning Adult Beginner Squad Races – Before Christmas

Sprint & Olympic Distance

- 13th November 2011 Gatorade Series Race 2
- 11th 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 Morning Beginner Squad October to December 2011 Training Plan

December

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

Key Morning Adult Beginner Squad Races – Before Christmas

- 11th December 2011 Gatorade Series Race 3

Notes:

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