



www.carinaleaguestriathlonclub.com

WANTED NEW JUNIOR CLUB MEMBERS

Junior Development Triathlon Squad 11-17 years

The Junior Development Triathlon Squad will resume on Tuesday 3rd May 2011. The sessions are:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						NO SESSION	Bike or Race or REST
PM	4.30 to 6.30 Swim	4.30 to 6.30 Bike + Run	4.30 to 6.30 Gym + Swim	4.30 to 6.30 Run + Swim			

Initial May training will focus on the cross country run season and then progress to bike skills in June and July and then specific triathlon training in August.

Junior Beginner Triathlon Squad 9-13 years

The Junior Beginner Triathlon Squad will resume on Monday 5th September 2011 in time for the start of the junior triathlon season in mid October. The sessions are:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						6.00 to 8.30 Swim + Bike + Run	Race 1 or 2 per month
PM	4.15 to 5.30 Bike + Run		4.15 to 5.30 Gym + Swim	4.15 to 5.30 Run + Swim			

Training Plans

Training for all squads can be found at <http://www.carinaleaguestriathlonclub.com/Training-Schedule/>

Junior September Triathlon Camps

Please see reverse side of this letter for details of the camps.

Questions

Please feel free to contact me via email at coachwarwick@carinaleaguestriathlonclub.com if you have any queries.

Warwick Dalziel

Head Coach Carina Leagues Triathlon Club

BSc (HMS) BSc (HONS) MAppSc (Sports Coaching) BPhy

Level 3 Triathlon Coach

Level 1 Strength and Conditioning Coach