

Junior Age Group Squad October to December 2011 Training Plan

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 st 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	2 nd REST DAY – NO SESSIONS
3 rd 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim	4 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	5 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim	6 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	7 th 5.30 to 7.00 am Swim PM – NO SESSION	8 th 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	9 th 7.00 to 9.00 am Swim/Bike/Run Session at Clem Jones Centre – please bring equipment for transitions
10 th 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim	11 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	12 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim	13 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	14 th 5.30 to 7.00 am Swim PM – NO SESSION	15 th 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre – Bring Transition Equipment	16 th RACE - Gatorade Series Race 1 at Raby Bay
17 th AM – REST MORNING 4.30 to 6.30 pm Swim	18 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	19 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim	20 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	21 st 5.30 to 7.00 am Swim PM – NO SESSION	22 nd 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	23 rd Note Early Start Today 5.45 am Arrive for 6.00 am Start for Swim, bike and Run training race Finished by 8.30 am
24 th 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim	25 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	26 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim	27 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	28 th 5.30 to 7.00 am Swim PM – NO SESSION	29 th 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	30 th 7.00 to 9.00 am Bike at Metroplex
31 st 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim						

Junior Age Group Squad Races – Before Christmas

- 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

- 6th November 2011 All Schools Race – Regional Qualifying Race

<http://www.triathlonqld.com.au/Events/TQEvents/TriathlonQueenslandSchoolAgeChamps.aspx>

Regional Qualifying Race – MOST IMPORTANT

- 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

Junior Age Group 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 4.30 to 6.30pm Bike + Run	2 nd AM – NO SESSION 4.30 to 6.30pm Gym + Swim	3 rd 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	4 th 5.30 to 7.00 am Swim PM – NO SESSION	5 th 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	6 th RACE – Queensland All Schools Championship at Kawana
7 th AM – REST MORNING 4.30 to 6.30 pm Swim	8 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30pm Bike + Run	9 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim	10 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	11 th 5.30 to 7.00 am Swim PM – NO SESSION	12 th 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	13 th RACE - Gatorade Series Race 2 at Robina
14 th AM – REST MORNING 4.30 to 6.30 pm Swim	15 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30pm Bike + Run	16 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim	17 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	18 th 5.30 to 7.00 am Swim PM – NO SESSION	19 th REST DAY – NO SESSIONS	20 th REST DAY – NO SESSIONS
21 st 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim	22 nd 5.30 to 7.00 am Run or Swim 4.30 to 6.30pm Bike + Run	23 rd AM – NO SESSION 4.30 to 6.30pm Gym + Swim	24 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	25 th 5.30 to 7.00 am Swim PM – NO SESSION	26 th 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	27 th 7.00 to 9.00 am Bike at Metroplex
28 th 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim	29 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30pm Bike + Run	30 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim				

Junior Age Group Squad Races – Before Christmas

- 6th November 2011 All Schools Race – Regional Qualifying Race

<http://www.triathlonqld.com.au/Events/TQEvents/TriathlonQueenslandSchoolAgeChamps.aspx>

Regional Qualifying Race – MOST IMPORTANT

- 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

Junior Age Group Squad October to December 2011 Training Plan

December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 st 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	2 nd 5.30 to 7.00 am Swim PM – NO SESSION	3 rd 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	4 th 7.00 to 9.00 am Swim/Bike/Run Session at Clem Jones Centre – please bring equipment for transitions
5 th 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim	6 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	7 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim	8 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	9 th 5.30 to 7.00 am Swim PM – NO SESSION	10 th 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	11 th RACE - Gatorade Series Race 3 at Raby Bay
12 th AM – REST MORNING 4.30 to 6.30 pm Swim	13 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	14 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim	15 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	16 th 5.30 to 7.00 am Swim PM – NO SESSION	17 th REST DAY – NO SESSIONS	18 th REST DAY – NO SESSIONS
19 th 5.30 to 7.00 am Swim 4.30 to 6.30 pm Swim	20 th 5.30 to 7.00 am Run or Swim 4.30 to 6.30 pm Bike + Run	21 st AM – NO SESSION 4.30 to 6.30pm Gym + Swim	22 nd 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	23 rd 5.30 to 7.00 am Swim PM – NO SESSION	24 th 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	25 th REST DAY - Christmas Day
26 th REST DAY - Boxing Day	27 th 7.00 to 8.30 am Aerobic Run and Swim from Clem Jones Centre PM – NO SESSION	28 th AM – NO SESSION 4.30 to 6.30pm Gym + Swim	29 th 5.30 to 7.00 am Bike + Run 4.30 to 6.30 pm Run + Swim	30 th 5.30 to 7.00 am Swim PM – NO SESSION	31 st 6.00 to 9.00 am Swim/Bike/Run from Clem Jones Centre	1 st January REST DAY - New Years Day

Junior Age Group Squad Races – Before Christmas

- 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