

Junior Beginner Squad October to December 2011 Training Plan

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 st 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	2 nd
3 rd 4.15 to 5.30 pm Bike + Run	4 th	5 th 4.15 to 5.30pm Gym + Swim	6 th 4.15 to 5.30 pm Run + Swim	7 th	8 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	9 th
10 th 4.15 to 5.30 pm Bike + Run	11 th	12 th 4.15 to 5.30pm Gym + Swim	13 th 4.15 to 5.30 pm Run + Swim	14 th	15 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	16 th RACE - Gatorade Series Race 1 at Raby Bay
17 th 4.15 to 5.30 pm Bike + Run	18 th	19 th 4.15 to 5.30pm Gym + Swim	20 th 4.15 to 5.30 pm Run + Swim	21 st	22 nd 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	23 rd
24 th 4.15 to 5.30 pm Bike + Run	25 th	26 th 4.15 to 5.30pm Gym + Swim	27 th 4.15 to 5.30 pm Run + Swim	28 th	29 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	30 th
31 st 4.15 to 5.30 pm Bike + Run						

Junior Beginner 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>

- 13th November 2011 Gatorade Series Race 2
- 11th December 2011 Gatorade Series Race 3

Junior Beginner Squad October to December 2011 Training Plan

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 st	2 nd 4.15 to 5.30pm Gym + Swim	3 rd 4.15 to 5.30 pm Run + Swim	4 th	5 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	6 th RACE – Queensland All Schools Triathlon/Aquathlon Championship At Kawana
7 th 4.15 to 5.30 pm Bike + Run	8 th	9 th 4.15 to 5.30pm Gym + Swim	10 th 4.15 to 5.30 pm Run + Swim	11 th	12 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	13 th RACE - Gatorade Series Race 2 at Robina
14 th 4.15 to 5.30 pm Bike + Run	15 th	16 th 4.15 to 5.30pm Gym + Swim	17 th 4.15 to 5.30 pm Run + Swim	18 th	19 th REST DAY - No Junior Beginner Set Today	20 th
21 st 4.15 to 5.30 pm Bike + Run	22 nd	23 rd 4.15 to 5.30pm Gym + Swim	24 th 4.15 to 5.30 pm Run + Swim	25 th	26 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	27 th
28 th 4.15 to 5.30 pm Bike + Run	29 th	30 th 4.15 to 5.30pm Gym + Swim				

Junior Beginner Squad Races – Before Christmas

- 6th November 2011 All Schools Race – Regional Qualifying Race
- 13th November 2011 Gatorade Series Race 2
- 11th December 2011 Gatorade Series Race 3

Junior Beginner Squad October to December 2011 Training Plan

Christmas – New Year Holiday Training

Training breaks for Christmas-New Year in Junior Beginner Squad after the race on Sunday 11th December and resumes in the New Year on Monday 16th January 2012.

Full monthly training fees are due for December with the balance of two weeks training credited for January training.

If you wish to train in the Junior Development Squad for the Christmas - New Year Period can you please speak with Warwick to arrange and confirm. If this is the case the monthly fee of \$115 is due for both December and January training.

December 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 st 4.15 to 5.30 pm Run + Swim	2 nd	3 rd 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	4 th
5 th 4.15 to 5.30 pm Bike + Run	6 th	7 th 4.15 to 5.30pm Gym + Swim	8 th 4.15 to 5.30 pm Run + Swim	9 th	10 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	11 th RACE - Gatorade Series Race 3 at Raby Bay

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 th 4.15 to 5.30 pm Bike + Run	17 th	18 th 4.15 to 5.30pm Gym + Swim	19 th 4.15 to 5.30 pm Run + Swim	20 th	21 st 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	22 nd
23 rd 4.15 to 5.30 pm Bike + Run	24 th	25 th 4.15 to 5.30pm Gym + Swim	26 th 4.15 to 5.30 pm Run + Swim	27 th	28 th 6.00 to 8.30 am Swim, Bike and Run at Clem Jones Centre	29 th
30 th 4.15 to 5.30 pm Bike + Run	31 st					

Junior Beginner Squad Races December and January

- 11th December 2011 Gatorade Series Race 3
- 15th January 2012 Gatorade Series Race 4 (please note race before junior beginner training resumes)