

# Junior Development Squad October to December 2011 Training Plan

## October

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

### Junior 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)
- 6<sup>th</sup> November 2011 All Schools Race – Regional Qualifying Race  
<http://www.triathlonqld.com.au/Events/TQEvents/TriathlonQueenslandSchoolAgeChamps.aspx>  
**Regional Qualifying Race – MOST IMPORTANT**
- 13<sup>th</sup> November 2011 Gatorade Series Race 2
- 11<sup>th</sup> December 2011 Gatorade Series Race 3

### Notes

- If you wish to train Saturday or any other morning please progress from the Junior Development Squad to the Junior Age Group Squad by asking one of the coaches
- There is no restriction quota on the number of members that can join the Junior Age Group Squad
- Any variation to the above weekend training program will be emailed on Thursday to all squad members in the event of a change

# Junior Development Squad October to December 2011 Training Plan

## November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 <sup>st</sup> 4.30 to 6.30pm Bike + Run	2 <sup>nd</sup> 4.30 to 6.30pm Gym + Swim	3 <sup>rd</sup> 4.30 to 6.30 pm Run + Swim	4 <sup>th</sup> PM – NO SESSION	5 <sup>th</sup> NO SESSION IN THIS SQUAD	6 <sup>th</sup> RACE – Queensland All Schools Championship at Kawana
7 <sup>th</sup> 4.30 to 6.30 pm Swim	8 <sup>th</sup> 4.30 to 6.30pm Bike + Run	9 <sup>th</sup> 4.30 to 6.30pm Gym + Swim	10 <sup>th</sup> 4.30 to 6.30 pm Run + Swim	11 <sup>th</sup> PM – NO SESSION	12 <sup>th</sup> NO SESSION IN THIS SQUAD	13 <sup>th</sup> RACE - Gatorade Series Race 2 at Robina
14 <sup>th</sup> 4.30 to 6.30 pm Swim	15 <sup>th</sup> 4.30 to 6.30pm Bike + Run	16 <sup>th</sup> 4.30 to 6.30pm Gym + Swim	17 <sup>th</sup> 4.30 to 6.30 pm Run + Swim	18 <sup>th</sup> PM – NO SESSION	19 <sup>th</sup> NO SESSION IN THIS SQUAD	20 <sup>th</sup> REST DAY – NO SESSIONS
21 <sup>st</sup> 4.30 to 6.30 pm Swim	22 <sup>nd</sup> 4.30 to 6.30pm Bike + Run	23 <sup>rd</sup> 4.30 to 6.30pm Gym + Swim	24 <sup>th</sup> 4.30 to 6.30 pm Run + Swim	25 <sup>th</sup> PM – NO SESSION	26 <sup>th</sup> NO SESSION IN THIS SQUAD	27 <sup>th</sup> 7.00 to 9.00 am Bike at Metroplex
28 <sup>th</sup> 4.30 to 6.30 pm Swim	29 <sup>th</sup> 4.30 to 6.30pm Bike + Run	30 <sup>th</sup> 4.30 to 6.30pm Gym + Swim				

### Junior Age Group Squad Races – Before Christmas

- 6<sup>th</sup> November 2011 All Schools Race – Regional Qualifying Race

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

**Regional Qualifying Race – MOST IMPORTANT**

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

### Notes

- If you wish to train Saturday or any other morning please progress from the Junior Development Squad to the Junior Age Group Squad by asking one of the coaches
- There is no restriction quota on the number of members that can join the Junior Age Group Squad
- Any variation to the above weekend training program will be emailed on Thursday to all squad members in the event of a change

# Junior Development Squad October to December 2011 Training Plan

## December

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

### Junior Age Group Squad Races – Before Christmas

- 11<sup>th</sup> December 2011 Gatorade Series Race 3

### Notes

- If you wish to train Saturday or any other morning please progress from the Junior Development Squad to the Junior Age Group Squad by asking one of the coaches
- There is no restriction quota on the number of members that can join the Junior Age Group Squad
- Any variation to the above weekend training program will be emailed on Thursday to all squad members in the event of a change