



10 Week 4th Term Sessions
8th October – 16th December 2018

	Monday		Tuesday		Wednesday		Thursday		Friday	Term Details
	AM	PM	AM	PM	AM	PM	AM	PM		
Minis (5-7yrs)		Swim Session stroke focus 3:30pm – 4:30pm		Aquathlon Swim/Run session 4-5pm		Run focus session working on specific intervals 4pm – 5pm	Bike skills/speed/transitions/ brick bike run work 0530 – 6:30am (lights)	Swim Session TimeTrial Thursday 5:30 – 6:30pm		Options of 10, 20, 30, 40, 50 class pass.
		HBAC		Ron Beaton Park/Torquay		ST JAMES OVAL	Crit Track	HBAC 25m POOL		
Development (8-18yrs)	PM	PM	AM	PM	AM	PM	AM	PM	AM	Options of 10, 20, 30, 40, 50 class pass.
	Swim Session Stroke Focus 3:30pm – 4:30pm	Run session aerobic or specific intervals 5:15 – 6:15pm	Bike Interval (13yrs above) 5:15am – 6:30am (lights needed)	Aquathlon Swim/Run session 4-5pm	Open Water Swim session 5:30- 6:30am	Run focus session working on specific intervals 4pm – 5pm	Bike skills/speed and brick work/run off bike 0530 – 6:30am (lights)	Swim Session TimeTrial Thursday 5:30 – 6:30pm	Pilates for Triathletes 6:00am 7:00am (11 years and older)	
	HBAC	Seafront	Urangan Pier	Ron Beaton Park/Torquay	Ron Beaton Park Torquay (next to surf club)	ST JAMES OVAL	Crit Track	HBAC 25m POOL	Anytime Fitness HB	
Performance (Some sessions Age dependent) (11-19yrs)	AM	PM	AM	PM	AM	PM	AM	PM	AM	Selection for squad by interview with Parent and Junior and Coach
	Swim Session 5:30am – 6:30am	Run session aerobic or specific intervals 5:15 – 6:15pm	Bike Interval (13yrs above) 5:15am – 6:30am (lights needed)	Aquathlon Swim/Run session 4-5pm	Open Water Swim session 5:30- 6:30am	Run focus session working on specific intervals 4pm – 5pm	Bike skill and speed 0500 – 6:30am (lights) or start at Crit track at 5:30am	Swim Session TimeTrial Thursday 5:30 – 6:30pm	Pilates for Triathletes 6:00am 7:00am	
	HBAC 50m pool	Seafront	Urangan Pier	Ron Beaton Park/Torquay	Ron Beaton Park Torquay (next to surf club)	ST JAMES OVAL	Enzos and finish at Crit Track	HBAC 25m POOL	Anytime Fitness HB	