

February Training schedule 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
Swim 6:00-7:00pm Cook and Phillip	Road 5:45-7:00am Cocktail Circuit Run 6:00-7:15am Hills and Strength	Road 5:45-7:00am Squad sets Centennial P Beg-Adv Swim 6:00-7:00pm Cook and Phillip	Swim 6:00-7:00 Surf swim Bondi Run 6:30-7:45 Track session ES Marks Athletics	Road 5:45-7:00am The Pitt from Centennial Park First Friday Social TBA	Road 6:00am Long ride south Sutherland 70km Waterfall 90km National Park 110km	Kurnell Round 3
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
Swim 6:00-7:00pm Cook and Phillip	Road 5:45-7:00am Cocktail Circuit Run 6:00-7:15am Hills and Strength	Road 5:45-7:00am Squad sets Centennial P Beg-Adv Swim 6:00-7:00pm Cook and Phillip	Swim 6:00-7:00 Surf swim Bondi Run 6:30-7:45 Track session ES Marks Athletics	Road 5:45-7:00am The Pitt from Centennial Park	Ride 6:30am 3 Peaks Ride North Turramurra Shops Int-Adv	Brick 6:30am Centennial Park Beg-Adv
15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
Swim 6:00-7:00pm Cook and Phillip	Road 5:45-7:00am Cocktail Circuit Run 6:00-7:15am Hills and Strength	Road 5:45-7:00am Squad sets Centennial P Beg-Adv Swim 6:00-7:00pm Cook and Phillip	Swim 6:00-7:00 Surf swim Bondi Run 6:30-7:45 Track session ES Marks Athletics	Road 5:45-7:00am The Pitt from Centennial Park	Huskisson Sprint races Pro Tour	Huskisson Australian Long Course Championships
22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
Swim 6:00-7:00pm Cook and Phillip	Road 5:45-7:00am Cocktail Circuit Run 6:00-7:15am Hills and Strength	Road 5:45-7:00am Squad sets Centennial P Beg-Adv Swim 6:00-7:00pm Cook and Phillip	Swim 6:00-7:00 Surf swim Bondi Run 6:30-7:45 Track session ES Marks Athletics	Road 5:45-7:00am The Pitt from Centennial Park	Road 160 km Wiserman's Ferry	Kurnell Round 4

