

HERT - OCTOBER TRAINING SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Swim 6:00-7:00pm Signature squad C&P	Swim 6:00-7:00pm Performance squad C&P	Cycle 5:45-7:00am Centennial Park Swim 6:00-7:00pm Signature squad C&P	Swim 6:00-7:00pm Performance squad C&P			Road 6:00am Centennial Park Long ride, Int-Adv NO COACH Maitland NSW Championships Club Distance
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
Swim 6:00-7:00pm Signature squad C&P	Swim 6:00-7:00pm Performance squad C&P	Cycle 5:45-7:00am Centennial Park Swim 6:00-7:00pm Signature squad C&P	Swim 6:00-7:00pm Performance squad C&P	Swim 6:00-7:00pm All squads and level Bondi Beach Social post swim	Brick 6:00am Centennial Park All levels	Road 6:00am Centennial Park Long ride, Int-Adv
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Swim 6:00-7:00pm Signature squad C&P	Swim 6:00-7:00pm Performance squad C&P Track ES Marks 6:30-7:30 PM All levels	Cycle 5:45-7:00am Centennial Park Swim 6:00-7:00pm Signature squad C&P	Swim 6:00-7:00pm Performance squad C&P	Swim 6:00-7:00pm All squads and level Bondi Beach Social post swim	Brick 7:00am Kurnell Swim - Bike All levels, Sprint to IM	Road 6:00am Centennial Park Long ride, Int-Adv
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
Swim 6:00-7:00pm Signature squad C&P	Swim 6:00-7:00pm Performance squad C&P Track ES Marks 6:30-7:30 PM All levels	Cycle 5:45-7:00am Centennial Park Swim 6:00-7:00pm Signature squad C&P	Swim 6:00-7:00pm Performance squad C&P	Swim 6:00-7:00pm All squads and level Bondi Beach Social post swim		Noosa Triathlon Port Macquarie HIM

Training Venues

C&P

Cook and Phillip Park Pool
4 College St Darlinghurst
Parkingstation and metered parking
Pool entry additional
Meet lanes 7 and 8, Northern end

ES Marks

Es Marks Athletics track, Kensington
Corner Anzac Parade and Boronia St
Parking and street parking available
Track entry additional
Meet throwing nets, southern end

CP

Centennial Park
Corner Land and Robertson Rds
Parking available inside and outside park
Meet inside gates, about 20m

Bondi Beach

Bondi Beach
Meet on the promenade, in the
middle of the beach
Parking station and metered
available

Kurnell

End of Silver Beach Road
Meet near the amenity block/
boat ramp at Kurnell
Parking available