

March Training schedule 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
	Road 5:45-7:00am Cocktail Circuit - informal Run 6:00-7:15am Hills and Strength	Road 5:45-7:00am Squad sets Centennial P Beg-Adv	Swim 6:00-7:00 Surf swim all levels Bondi	Road 5:45-7:00am The Pitt - Club ride from Centennial Park	Road 6:00am Club ride	Brick Session 6:30am Programmed athletes only
Swim 6:00-7:00pm Cook and Phillip Int - Adv	Swim 6:00-7:30pm Cook and Phillip All levels	Swim 6:00-7:00pm Cook and Phillip Int - Adv	Run 6:30-7:45 Track session ES Marks Athletics	First Friday Social TBA		
8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
	Road 5:45-7:00am Cocktail Circuit Run 6:00-7:15am Hills and Strength	HERT 20km TT HERT Summer Championships Open to all 5.45am register and warmup	Swim 6:00-7:00 Surf swim all levels Bondi	Road 5:45-7:00am The Pitt from Centennial Park	Brick session 6:30am Programmed athletes only	Road 6:00am Club ride
Swim 6:00-7:00pm Cook and Phillip Int - Adv	Swim 6:00-7:30pm Cook and Phillip All levels	Swim 6:00-7:00pm Cook and Phillip Int - Adv	Run 6:30-7:45 Track session ES Marks Athletics			
15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
	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 6:00-7:00 Surf swim all levels Bondi	Road 5:45-7:00am The Pitt from Centennial Park	Road 6:00am Club ride	Newcastle Olympic Dist NSW State Championships
Swim 6:00-7:00pm Cook and Phillip Int - Adv	Swim 6:00-7:30pm Cook and Phillip All levels	Swim 6:00-7:00pm Cook and Phillip Int - Adv	Run 6:30-7:45 Track session ES Marks Athletics			
22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
	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 6:00-7:00 Surf swim all levels Bondi	Road 5:45-7:00am The Pitt from Centennial Park	Road 160 km Wiserman's Ferry	Mooloolaba and Ironman Australia
Swim 6:00-7:00pm Cook and Phillip Int - Adv	Swim 6:00-7:30pm Cook and Phillip All levels	Swim 6:00-7:00pm Cook and Phillip Int - Adv	Run 6:30-7:45 Track session ES Marks Athletics			

Monthly Fees

\$95 - 2 sessions per month
\$135 - 3 sessions per month

Programmed athletes

All squads are included as part of program fees

\$165 - 4 sessions per month

