



TRAINING PLAN FOR AUGUST TO NOVEMBER 2008

Please check weekly the Clem Jones Centre Triathlon Squad Noticeboard for Any Changes to this Newsletter

AGE GROUP AND BEGINNER SQUAD GENERAL TRAINING STRUCTURE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|---|-----------------------------|--|--|-------------------------------------|--------|
| AM | 5.30 am Gym + Run or Swim or REST | 5.30 am Run + Water Run or Swim | Recovery Morning | 5.15 for 5.30 am Start Bike + Run + Water Run | 5.30 am Swim | Venues and Times As Listed Below | |
| PM | 4.30-6.30 pm Swim | 4.30-6.30 pm Bike + Run + Water Run | 4.30-6.30 pm Gym + Swim | 4.30-6.30 pm Run + Swim | 4.30 – 6.00 pm Gym + Swim or REST | REST | |

Events in August, September and November:

| | | |
|---------------------------------|-----------------------------------|----------------|
| 17 th August 2008 | Capricorn Half Ironman | Yeppoon |
| 24 th August 2008 | Noosa Half Marathon and 10 km | Noosa |
| 21 st September 2008 | Queensland Duathlon Championships | Pimpama |
| 21 st September 2008 | TQ/QAS Metro Trials 1 | Nudgee College |
| 5 th October 2008 | Gold Coast Half Ironman | Coomera |
| 5 th October 2008 | Sprintman | Coomera |
| 19 th October 2008 | Gatorade Series Race 1 | Raby Bay |
| 19 th October 2008 | Bribie Island Race 1 | Bribie Island |
| 25 th October 2008 | State Aquathon Championships | Wynnum |
| 26 th October 2008 | TQ/QAS Metro Trials 2 | Nudgee College |
| 2 nd November 2008 | Noosa Triathlon | Noosa |
| 9 th November 2008 | All Schools – Regional Qualifier | Kawana |
| 16 th November 2008 | Gatorade Series Race 2 | Robina |
| 30 th November 2008 | Australian Selection Race 1 | Adelaide |

Warwick Dalziel

Carina Leagues Triathlon Club Head Coach

BSc (HMS) BSc (HONS) MAppSc (Sports Coaching) BPhy
Level 2 Triathlon Coach, Level 1 Strength and Conditioning Coach



WEEKEND TRAINING FOR AUGUST, SEPTEMBER AND NOVEMBER 2008

Warwick on Annual Leave Sunday 27th July returning Monday 4th August - Jaimie will be running training program in my absence so please direct all your questions to her.

| | | |
|---------------------------------|--------------------|---|
| Friday 25 th July | 5.30 AM | Swim Session |
| | PM | No Session |
| Saturday 26 th July | 6.00 AM | Run /Bike/Run Duathlon Session from Clem Jones Centre |
| | | Club Development and Planning Day |
| Sunday 27 th July | 6.30 AM | Adults – Meet at Clem Jones Centre and we will split into groups for a ride session |
| | 7.00-9.00 AM | Juniors and Beginners at Metroplex at the end of Creek Rd for a Ride Session |
| Monday 28 th July | 5.30 AM | Swim Session |
| | 4.30 PM to 6.00 PM | Gym + Run |
| | From 6.00 PM | Swim Session |
| Friday 1 st August | 5.30 AM | Swim Session |
| | PM | No Session |
| Saturday 2 nd August | 6.00 AM | Run /Bike/Run Duathlon Session from Clem Jones Centre |
| Sunday 3 rd August | 6.30 AM | Adults – Meet at Clem Jones Centre and we will split into groups for a ride session |
| | | Juniors and Beginners REST DAY No Sessions |
| Monday 4 th August | 5.30 AM | Gym + Run and/or Swim (depending on 50 m Pool Availability) |
| | 4.30 PM | Gym + Run and/or Swim Session (depending on 50 m Pool Availability) |
| Friday 8 th August | 5.30 AM | Swim Session |
| | 4.30 to 6.00 PM | Gym + Swim Session |
| Saturday 9 th August | 6.00 AM | Clem Jones Centre for a Swim + Ride + Run Session |
| Sunday 10 th August | 6.30 for 6.45 AM | Rollout - Ride Over Half Gold Coast Half Ironman Course At Calypso Bay (Please USM for Map Details) (http://www.usmevents.com.au/gchim/docs/HowToGetToCalypsoBay.pdf) |
| Monday 11 th August | AM | No Session – Rest Morning |
| | 4.30 PM | Swim Session |

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Wednesday 13th August **REST DAY** – No Squad Sessions on Ekka Holiday

Friday 15th August 5.30 AM Swim Session
4.30 to 6.00 PM Gym + Swim Session

Saturday 16th August 6.00 AM Clem Jones Centre for a Swim + Ride + Run Session

Sunday 17th August 6.30 AM **Adults** – Meet at Clem Jones Centre and we will split into groups for a ride session

7.00-9.00 AM **Juniors and Beginners** at Metroplex at the end of Creek Rd for a Ride Session

CAPRICORN HALF IRONMAN

Monday 18th August 5.30 AM Session to Be Advised (Depends on Olympic Triathlon start time whether there is a session or not)

4.30 PM Swim Session

Monday 18th and Tuesday 19th August are when the Olympic Games Triathlons are on so please read the whiteboard for changes to that training schedule.

Warwick away on Noosa Training Camp from Saturday 23rd August returning Wednesday 27th August - Jaimie will be running training program for athletes not going to the camp so please direct all your questions to her.

Friday 22nd August 5.30 AM Swim Session
PM **No Session**

Saturday 23rd August 6.00 AM Clem Jones Centre for a Ride + Run then Swim Session

NOOSA TRAINING CAMP ON FOR ADULT GROUP THIS WEEKEND

Sunday 24th August 7.00-9.00 AM Bike Session at Metroplex at the end of Creek Rd

NOOSA HALF MARATHON AND 10 KM RUN

Monday 25th August AM **No Session** – Rest Morning

4.30 PM Swim Session

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CARINA LEAGUES TRIATHLON CLUB



| | | |
|-------------------------------------|-------------------|---|
| Friday 29 th August | 5.30 AM | Swim Session |
| | PM | No Session |
| Saturday 30 th August | 6.00 AM | Clem Jones Centre for a Swim + Ride + Run Session |
| Sunday 31 st August | 6.00 AM | Adults - Ride from Clem Jones Centre then head to Metroplex for Time Trial later in the set |
| | 6.30 AM – 8.30 AM | Juniors Ride At Metroplex |
| Monday 3 rd September | 5.30 AM | Gym + Run and/or Swim |
| | 4.30 PM | Swim Session |
| Friday 5 th September | 5.30 AM | Swim Session |
| | PM | No Session |
| Saturday 6 th September | 6.00 AM | Clem Jones Centre for Intra Club Aquathon Event (Run + Swim + Run) |
| | | <u>CARINA LEAGUES TRIATHLON CLUB SIGN- ON DAY</u> |
| Sunday 7 th September | 6.00 AM | Session to Be Advised – most likely either Bike Time Trial or a Squad Race from the Clem Jones Centre |
| Monday 8 th September | 5.30 AM | Gym + Run and/or Swim |
| | 4.30 PM | Swim + Recovery Session |
| Friday 12 th September | 5.30 AM | Swim Session |
| | PM | No Session |
| Saturday 13 th September | 6.00 AM | Clem Jones Centre for a Swim + Ride + Run Session |
| Sunday 14 th September | 6.00 for 6.15 AM | Rollout- Ride then Run Over Half Gold Coast Half Ironman Course At Calypso Bay (Please USM for Map Details) (http://www.usmevents.com.au/gchim/docs/HowToGetToCalypsoBay.pdf) |
| Monday 15 th September | AM | No Session – Rest Morning |
| | 4.30 PM | Swim Session |
| Friday 19 th September | 5.30 AM | Swim Session |
| | PM | No Session |
| Saturday 20 th September | 6.00 AM | Clem Jones Centre for a Swim + Ride + Run Session |
| Sunday 21 st September | 6.00 AM | Adults - Ride from Clem Jones Centre |
| | 6.30 AM – 8.30 AM | Juniors Ride At Metroplex |
| | | <u>JETS/QAS METRO TIME TRIALS</u> |
| | | <u>QUEENSLAND DUATHLON CHAMPIONSHIPS AT PIMPAMA</u> |
| Monday 22 nd September | 5.30 AM | No Session – Rest Morning |
| | 430 PM | Swim Session |

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| | | |
|-------------------------------------|---------------------------|--|
| Friday 26 th September | 5.30 AM 4.30 to 6.00PM | Swim Session Gym + Swim |
| Saturday 27 th September | 6.00 AM | Clem Jones Centre for a Swim + Ride + Run or Water Run Session |
| Sunday 28 th September | 6.00 for 6.15 AM | Rollout- Ride then Run Over Half Gold Coast Half Ironman Course At Calypso Bay (Please USM f or Map Details) (http://www.usmevents.com.au/gchim/docs/HowToGetToCalypsoBay.pdf) |
| Monday 29 th September | AM 4.30 PM | No Session – Rest Morning Swim Session |

Warwick away on at National Talent Identification and Development Camp at the AIS from Saturday 4th to 11th of October - Jaimie will be running training program in my absence so please direct all your questions to her.

| | | |
|-----------------------------------|----------------------------|--|
| Friday 3 rd October | 5.30 AM PM | Swim Session No Session |
| Saturday 4 th October | 6.00 AM | Clem Jones Centre for a Swim + Ride + Run Session |
| Sunday 5 th October | | <u>GOLD COAST HALF IRONMAN</u> <u>SPRINT MAN</u> <u>REST DAY</u> – for those not competing or come down for gentle ride around the course supporting our squad athletes |
| Monday 6 th October | AM 4.30 PM | No Session – Rest Morning Swim Session |
| Friday 10 th October | 5.30 AM 4.30 to 6.00 PM | Swim Session Gym + Swim |
| Saturday 11 th October | 6.00 AM | Clem Jones Centre for a Swim + Ride + Run Session |
| Sunday 12 th October | <u>SQUAD RACE</u> | Arrive after 5.30 am at the Clem Jones Centre for Olympic Distance or Shorter Triathlon Event. The Triathlon will start at 6.15 AM Sharp whether warm-up has occurred or not |
| Monday 13 th October | 5.30 AM 4.30 PM | Gym + Run and/or Swim Swim Session |

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| | | |
|---|--------------------|--|
| Friday 17 th October | 5.30 AM PM | Swim Session No Session |
| Saturday 18 th October | 6.00 AM | Clem Jones Centre for a Swim + Ride + Run Session |
| Sunday 19 th October | | <u>RABY BAY TRIATHLON</u> <u>BRIBIE ISLAND TRIATHLON</u> <i>Both Jaimie and I will be attending the Raby Bay Triathlon as that is the race most suitable course for our junior beginner 9-13 year old athletes to race in and we recommend you do this race.</i> |
| Monday 20 th October | AM 4.30 PM | No Session – Rest Morning Swim Session |
| Friday 24 th October | 5.30 AM PM | Swim Session No Session |
| Saturday 25 th October | | Sessions to Be Advised <u>QUEENSLAND STATE AQUATHON CHAMPIONSHIPS</u> |
| Sunday 26 th October | | Adults Session to Be Advised Juniors <u>REST DAY</u> <u>JETS/QAS METRO TIME TRIALS</u> |
| Monday 29 th October | AM 4.30 PM | No Session – Rest Morning Swim Session |
| Friday 31 st October | 5.30 AM PM | Race Warm-up Session – Swim/Bike/Run at Clem Jones Centre No Sessions at the Clem Jones Centre. No squad sessions at the Clem Jones until Tuesday morning the 4 th of November |
| 6.30 pm Sharp Dinner at Noosa-Tewantin RSL, RSVP to Warwick by Thursday 23rd October as booking for the first 50 people | | |
| Saturday 1 st November | 7.00 am | Ride to Noosa Transition Zone for Easy Swim Starting at 7.00 am sharp at the Transition Zone |
| Sunday 2 nd November | | <u>NOOSA TRIATHLON</u> |
| Monday 3 rd November | | <u>REST DAY</u> No Squad Sessions will be held at the Clem Jones Centre |
| Tuesday 4 th November | 5.30 AM 4.30 PM | Recovery Swim Session Bike + Run Session |

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PLEASE NOTE - ALL ADULTS WHO HAVE RACED THE NOOSA TRIATHLON THERE IS **NO TRAINING** FOR 3 DAYS THIS WEEKEND AFTER FRIDAY 7th NOVEMBER UNTIL TUESDAY 11th OF NOVEMBER

| | | |
|---|---------------|---|
| Friday 7 th November | 5.30 AM PM | Swim Session No Session |
| Saturday 8 th November | 6.00 AM | Juniors Swim + Bike + Run Session from Clem Jones Centre REST DAY No Sessions for ALL ADULTS who have raced Noosa |
| Sunday 9 th November this | | ALL SCHOOLS TRIATHLON – All Juniors wanting to race State Schools Event in February must do race. REST DAY No Sessions for ALL ADULTS who have raced Noosa |
| Monday 10 th November | | REST DAY No Sessions for any athlete today at the Clem Jones Centre |

PLEASE NOTE - ALL SCHOOL ATTENDING ATHLETES WHO HAVE RACED THE ALL SCHOOLS TRIATHLON THERE IS NO JUNIOR TRAINING THIS WEEKEND AFTER FRIDAY 14th NOVEMBER UNTIL MONDAY 17th OF NOVEMBER TO RECOVER AND DO EXAMS

| | | |
|------------------------------------|--------------------|---|
| Friday 14 th November | 5.30 AM PM | Swim Session No Session |
| Saturday 15 th November | 6.00 am | Swim + Bike + Run Session from Clem Jones Centre Juniors REST DAY No Sessions for All Schools Triathlon competitors |
| Sunday 16 th November | 6.00 am | Adults – 80 to 120 km ride in various groups from the Clem Jones Centre Juniors REST DAY No Sessions for All Schools Triathlon competitors |
| Monday 17 th November | 5.30 AM 4.30 PM | Gym + Run and/or Swim Swim Session |

TRAINING RESUMES ON MONDAY 17th AFTER VARIOUS GROUPS WITHIN THE SQUAD HAVE HAD A RECOVERY WEEK - A NEW TRAINING PLAN WILL BE ISSUED THEN

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