



## JUNIOR BEGINNER TRAINING PLAN FOR SEPTEMBER TO DECEMBER 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PM</b>	4.15 to 5.30 pm Bike + Run + Water Run		4.15 to 5.30 pm Gym + Swim	4.15 to 5.30 pm Run + Swim		6.00 to 8.30 am Swim/Bike/Run	Race or Rest

### Events in September, October and December;

19 <sup>th</sup> October 2008	Gatorade Series Race 1	Raby Bay
25 <sup>th</sup> October 2008	State Aquathon Championships	Wynnum
9 <sup>th</sup> November 2008	All Schools – Regional Qualifier	Kawana
16 <sup>th</sup> November 2008	Gatorade Series Race 2	Robina
14 <sup>th</sup> December 2008	Gatorade Series Race 3	Raby Bay

### WEEKEND TRAINING AND RACING FOR SEPTEMBER TO DECEMBER 2008

Saturday 6 <sup>th</sup> September	6.00 am	Clem Jones Centre for a Swim + Ride and Run Session <b><u>CARINA LEAGUES TRIATHLON CLUB SIGN- ON DAY</u></b>
Sunday 7 <sup>th</sup> September	<b>REST DAY</b>	
Saturday 13 <sup>th</sup> September	6.00 am	Clem Jones Centre for a Swim + Ride + Run Session
Sunday 14 <sup>th</sup> September	<b>REST DAY</b>	

Jaimie Trotter  
**Carina Leagues Triathlon Club Assistant Coach**  
 In progress BPsySc  
 Level 1 Triathlon Coach



Saturday 20<sup>th</sup> September 6.00 am Clem Jones Centre for a Swim + Ride + Run Session  
Sunday 21<sup>st</sup> September **Optional Ride** 6.30 am – 8.30 am Ride At Metroplex

Saturday 27<sup>th</sup> September 6.00 am Clem Jones Centre for a Swim + Ride + Run or Water Run Session  
Sunday 28<sup>th</sup> September **REST DAY**

Saturday 4<sup>th</sup> October 6.00 am Clem Jones Centre for a Swim + Ride + Run Session  
Sunday 5<sup>th</sup> October **REST DAY**

Saturday 11<sup>th</sup> October 6.00 am Clem Jones Centre for a Swim + Ride + Run Session  
Sunday 12<sup>th</sup> October **REST DAY**

Saturday 18<sup>th</sup> October 6.00 am Clem Jones Centre for a Swim + Ride + Run Session  
Sunday 19<sup>th</sup> October **RABY BAY TRIATHLON**

Saturday 25<sup>th</sup> October Sessions to be advised  
**QUEENSLAND STATE AQUATHON CHAMPIONSHIPS**  
Sunday 26<sup>th</sup> October **REST DAY**

*Saturday 1<sup>st</sup> November, Sunday 2<sup>nd</sup> November and Monday 3<sup>rd</sup> November there are **No Sessions** at the Clem Jones Centre due to the Noosa Triathlon*

Jaimie Trotter  
**Carina Leagues Triathlon Club Assistant Coach**  
In progress BPSySc  
Level 1 Triathlon Coach



Saturday 8<sup>th</sup> November 6.00 am Clem Jones Centre for a Swim + Ride + Run Session  
Sunday 9<sup>th</sup> November **ALL SCHOOLS TRIATHLON – All Juniors grade 7 and above** wanting to race State Schools Event in February must do this race.

Saturday 15<sup>th</sup> November 6.00 am Clem Jones Centre for a Swim + Ride + Run Session  
Sunday 16<sup>th</sup> November **ROBINA TRIATHLON** – *neither coaches will be attending this race*

Saturday 22<sup>nd</sup> November 6.00 am Swim + Bike + Run Session from Clem Jones Centre  
Sunday 23<sup>rd</sup> November **REST DAY**

Saturday 29<sup>th</sup> November 6.00 am Swim + Bike + Run Session from Clem Jones Centre  
Sunday 30<sup>th</sup> November **REST DAY**

Saturday 6<sup>th</sup> December 6.00 am Swim + Bike + Run Session from Clem Jones Centre  
Sunday 7<sup>th</sup> December **REST DAY**

Saturday 13<sup>th</sup> December 6.00 am Swim + Bike + Run Session from Clem Jones Centre  
Sunday 14<sup>th</sup> December **RABY BAY TRIATHLON EVENT**

## **HAVE A GREAT CHRISTMAS AND A HAPPY NEW YEAR!!!**

Training resumes Monday 19<sup>th</sup> January after which a new Training Plan will be issued.

Jaimie Trotter  
**Carina Leagues Triathlon Club Assistant Coach**  
In progress BPSySc  
Level 1 Triathlon Coach