



TRAINING PLAN FOR APRIL 2009 – RECOVERY MONTH

Please check weekly the Clem Jones Centre Triathlon Squad Noticeboard for Any Training Squad Updates or Changes to this Training Plan

GENERAL TRAINING STRUCTURE FOR AGE GROUP AND BEGINNER SQUADS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30 am Gym + Run or Swim	5.30 am Run + Water Run or Swim	<i>Rest Day – in April this will be a day of rest for all</i>	5.30 am Run + Water Run	5.30 am Swim	Venues and Times As Listed Below	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 Run + Swim	<i>Recovery Evening</i>		

Any athlete wishing to do there core stability exercises at the Clem Jones Centre before the 5.30 am as per your routine session start must be inside the “Back Gate” before 5.20 am before the morning session or enter via the front door from 5.30 am.

Up Coming Events for Squad Athletes

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|-------------------------------|--|-------------------|
| • 5 th April 2009 | New Plymouth Continental Cup | New Zealand |
| • 5 th April 2009 | Twilight Half Marathon | St Lucia |
| • 19 th April 2009 | Gatorade Series Race 6 | Raby Bay |
| • 2 nd May 2009 | Busselton Half Ironman | Western Australia |
| • 9 th May 2009 | Bryon Bay Triathlon | Bryon Bay |
| • 19 th May 2009 | Met. East Cross Country Trials | TBA |
| • 7 th June 2009 | Queensland Half Marathon, 10 km & 5 km | Doomben |
| • 5 th July 2009 | Gold Coast Marathon Day | Gold Coast |





WEEKEND TRAINING FOR APRIL 2009

*Please note there will be **NO SESSIONS** at the Clem Jones Centre the Mooloolaba Triathlon Weekend*

Saturday 28th March
Sunday 29th March

Swim Session on Mooloolaba Beach at 7.00 am in front of the surf club

RACE - MOOLOOLABA TRIATHLON

Junior Athletes if they have the Chance to Come and Watch the ITU RACE

6.30 PM Dinner at Montezuma's Mexican – All Family and Friends Welcome

REST DAY - NO SQUAD SESSIONS

(Optional Swim Session on Mooloolaba Beach at 7.00 am in front of the surf club)

Monday 30th March

5.30 AM Gym + Swim Morning

4.30 PM Bike + Run Session

Tuesday 31st March

REST DAY - NO SQUAD SESSIONS

Wednesday 1st April

Thursday 2nd April

5.30 AM Run

4.30 PM Run + Swim

Saturday 4th April

Sunday 5th April

6.00 am Swim/Bike/Run from the Clem Jones Centre

REST DAY - NO SQUAD SESSIONS

RACE – NEW PLYMOUTH CONTINENTAL CUP

RACE – UQ HALF MARATHON

Wednesday 8th April

REST DAY - NO SQUAD SESSIONS

EASTER WEEKEND

Friday 10th April

Good Friday **REST DAY- NO SQUAD SESSIONS**

Saturday 11th April

7.00 am Run from Kodak Beach at Southbank

Sunday 12th April

To Be Advised

Monday 13th April

Easter Monday **REST DAY - NO SQUAD SESSIONS**





WEDNESDAY 15th APRIL – LAST DAY TO PAY TRAINING FEES FOR MAY & JUNE AT 2008/9 FEE LEVELS BEFORE PRICE INCREASE

Wednesday 15 th April	<u>REST DAY - NO SQUAD SESSIONS</u>
Saturday 18 th April	6.00 am Swim/Bike/Run from the Clem Jones Centre <u>CARINA LEAGUES TRIATHLON CLUB BREAK-UP DAY FUNCTION</u>
Sunday 19 th April	RACE – RABY BAY Ride to Raby Bay for 6.30 am Ride Start at the Club Tent at Raby Bay event
Monday 20 th April	5.30 AM Gym + Run or Swim Session 4.30 PM Run + Swim
Wednesday 22 nd April	<u>REST DAY - NO SQUAD SESSIONS</u>
Saturday 25 th April	6.00 am Swim/Bike/Run from the Clem Jones Centre
Sunday 26 th April	<u>REST DAY - NO SQUAD SESSIONS</u>
Monday 27 th April	5.30 AM Gym + Run or Swim Session 4.30 PM Run + Swim
Tuesday 28 th April	<i>School Attending Athletes return to Squad Training</i> 5.30 AM Run 4.30 PM Bike + Run
Wednesday 29 th April	<u>REST DAY - NO SQUAD SESSIONS</u>
Thursday 30 th April	5.30 AM Run 4.30 PM Run + Swim

A new squad Training Plan will be issued by the 1st of May for the months of May and June.

School Attending Athletes

- Please see School Attending Off-Season Training Plan 2009 document for details of your April plan.

