



TRAINING PLAN FOR NOVEMBER TO DECEMBER 2009

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 + Swim or Run	5.30 am Run + Water Run or Swim	<i>Recovery Morning</i>	5.30 am Bike + Run + Water Run PLEASE ARRIVE @ 5.15 am TO START ON TIME	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 Gym + Swim	4.30-6.30 pm Run + Swim	4.30 – 6.15 pm Gym + Swim or <i>Recovery Evening</i>		

Notes

- Longcourse Training – begins 5.00 am on Thursday until 4th December and 5.30 am Saturday until 28th November when there are listed squad sessions on
- Friday night swim sessions are back on trial basis until mid December. Please note there may be alternative Competitive Squad sessions on this afternoon as well separate to the Age Group Program.





Up Coming Racing and Events for Squad Athletes October to December

3 rd October (Sat) 2009	2 nd Time Trial	Nudgee/Nundah
4 th October 2009	Gold Coast Half Ironman	Coomera
4 th October 2009	Sprintman	Coomera
10 th October (Sat) 2009	State Aquathon Championships	Wynnum
10 th October (Sat) 2009	Ironman World Championships	Kona, Hawaii
18 th October 2009	Gatorade Series Race 1	Raby Bay
18 th October 2009	Bribie Island Race 1	Bribie Island
18 th October 2009	Burnie 10 km	Tasmania
24 th October 2009	World Longcourse Championships	Perth
31 st October (Sat) 2009	Noosa 5 km Bolt	Noosa
1 st November 2009	Noosa Triathlon	Noosa
1 st November 2009	Port Macquarie Half Ironman	Port Macquarie
8 th November 2009	All Schools – Regional Qualifier	Kawana
15 th November 2009	Gatorade Series Race 2	Robina
21-22 nd Nov 2009	JETS/QAS Metro Camp	Runaway Bay
22 nd November 2009	Ekibin Relay	Japan
3 rd to 16 th December 2009	National Endurance Camp	South Golden Beach
5 th December 2009	Ironman Western Australia	Busselton
10 th December 2009	Zatopek Classic	Melbourne
11 th to 13 th December 2009	Race Weekend	Runaway Bay
13 th December 2009	Bribie Island Race 2	Bribie Island
13 th December 2009	Gatorade Series Race 3	Raby Bay
13 th to 16 th December 2009	National Junior Camp	Runaway Bay
13 th December 2009	Canberra Half Ironman	Canberra





WEEKEND TRAINING FOR OCTOBER TO DECEMBER 2009

Friday 2 nd October	5.30 AM	Swim Session
	PM	No Session
Saturday 3 rd October	6.00 AM	Clem Jones Centre for a Swim + Ride + Run Session
		JETS TIME TRIALS
Sunday 4 th October		GOLD COAST HALF IRONMAN
		SPRINT MAN
		REST DAY - for those not racing
Monday 5 th October	5.30 AM	Gym + Swim
	4.30 PM	Swim Session
Friday 9 th October	5.30 AM	Swim Session
	4.30 to 6.00 PM	Transition Session 4.30 to 6.00 pm at Murrarie Recreation Reserve
Saturday 10 th October	6.00 AM	Clem Jones Centre for a Swim + Ride + Run Session
		IRONMAN WORLD CHAMPIONSHIPS
Sunday 11 th October	6.00 am	Adult Bike from Clem Jones Centre 60 to 120 km or REST DAY from Gold Coast Half Ironman
		ITU Junior Athletes/Adults – Race 750/20/5 race from the Clem Jones Centre 5.15 am arrive for 5.30 am start
		6.30 to 8.30 am Juniors/Beginners Bike + Run (possible Time Trial Session) at the Metroplex
Monday 12 th October	5.30 AM	Gym + Swim
	4.30 PM	Swim Session





Friday 16 th October	5.30 AM PM	Swim Session NO SESSION
Saturday 17 th October	6.00 AM	Clem Jones Centre for a Swim + Ride + Run Session
Sunday 18 th October		RABY BAY TRIATHLON BRIBIE ISLAND TRIATHLON <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 19 th October	5.00 AM 5.30 AM 4.30 PM	Adult Bike from the Clem Jones Centre to Raby Bay race site via Victoria Point for 60 km Gym + Swim Swim Session
Friday 23 rd October	5.30 AM 4.30 to 6.00 PM	Swim Session Gym + Swim
Saturday 24 th October	6.00 AM	Clem Jones Centre for a Swim + Ride + Run Session
Sunday 25 th October		<u>SESSION TO BE ADVISED</u> WORLD LONGCOURSE CHAMPIONSHIPS
Monday 26 th October	5.30 AM 4.30 PM	Gym + Swim Swim Session
Friday 31 st October	5.30 AM PM	Race Warm-up Session – Swim/Bike/Run or Swim Session at Clem Jones Centre NO SESSION

There are no squad sessions at the Clem Jones until Tuesday morning the 3rd of November after Friday morning.

Saturday 31 st October	7.00 am	Ride to Noosa Transition Zone for Easy Swim Starting at 7.00 am sharp at the Transition Zone
Sunday 1 st November		NOOSA TRIATHLON PORT MACQUARIE HALF IRONMAN
Monday 2 nd November		REST DAY No Squad Sessions will be held at the Clem Jones Centre
Tuesday 3 rd November	5.30 AM 4.30 PM	Recovery Swim Session Bike + Run Session



CARINA LEAGUES TRIATHLON CLUB

Friday 6 th November	5.30 AM	Swim Session
	PM	No Session
Saturday 7 th November	6.00 AM	Clem Jones Centre for a Swim + Ride + Run Session
Sunday 8 th November		ALL SCHOOLS TRIATHLON – Compulsory event for athletes wanting to be selected in school triathlon teams REST DAY For all athletes not competing in the All Schools Triathlon Longcourse Athletes (that do not compete on the 1 st of November an optional ride will be on details to be advised)
Monday 9 th November		REST DAY No Sessions for any athlete today at the Clem Jones Centre
Tuesday 10 th November	5.30 AM	Run or Swim
	4.30 PM	Bike + Run
Friday 13 th November	5.30 AM	Swim Session
	PM	No Session
Saturday 14 th November	6.00 am	Swim + Bike + Run Session from Clem Jones Centre
Sunday 15 th November		RACE – GATORADE SERIES 2 AT ROBINA Adults – 5.30 am start for 80 to 100 km ride in various groups from the Clem Jones Centre Longcourse Athletes 5.00 am start for 150 km ride + 5 km run off the bike session Juniors not competing at Gatorade Series Race 2 REST DAY
Monday 16 th November	5.30 AM	Gym + Run and/or Swim
	4.30 PM	Swim Session
Friday 20 th November	5.30 AM	Swim Session
	4.30 to 6.00 PM	Gym + Swim Session
Saturday 21 st November	6.00 AM	Swim + Bike + Run Session from Clem Jones Centre
Sunday 22 nd November		Adults – 5.30 am start for 80 to 100 km ride in various groups from the Clem Jones Centre Longcourse Athletes 5.00 am start for 180 km ride + 5 km run off the bike session Juniors REST DAY (Study time for school exams)
Monday 23 rd November	5.30 AM	Gym + Run and/or Swim
	4.30 PM	Swim Session



CARINA LEAGUES TRIATHLON CLUB

Friday 27 th November	5.30 AM	Swim Session
	4.30 to 6.00 PM	Gym + Swim Session
Saturday 28 th November	6.00 AM	Clem Jones Centre for a Ride + Run then Swim Session
Sunday 29 th November	Adults	– 5.30 am 60 to 120 km ride in various groups from the Clem Jones Centre
	Juniors and Beginner Adults	6.00 to 8.00 am at Metroplex at the end of Creek Rd for a ride and a possible Time Trial Ride
	Longcourse Athletes	To Be Advised
Monday 30 th November	5.30 AM	Gym + Run and/or Swim
	4.30 PM	Swim Session
Friday 4 th December	5.30 AM	Swim Session
	4.30 to 6.00 PM	Gym + Swim Session
Saturday 5 th December	6.00 AM	Clem Jones Centre for a Ride + Run then Swim Session
Sunday 6 th December		RACE – IRONMAN WA – BUSSLETON
Monday 7 th December		<u>SESSION TO BE ADVISED</u>
	5.30 AM	Gym + Swim and/or Run
	4.30 PM	Swim Session
Friday 11 th December	5.30 AM	Swim Session
	PM	No Session
Saturday 12 th December	6.00 AM	Swim/Bike/Run Session from the Clem Jones Centre
Sunday 13 th December		RACE - GATORADE SERIES TRIATHLON RACE 3 – RABY BAY
		RACE – BRIBIE ISLAND RACE 2
		RACE - 2XU SUPERSPRINT WEEKEND – RUNAWAY BAY
		RACE - CANBERRA HALF IRONMAN - CANBERRA
		No Training Sets are planned from the Clem Jones Centre this Sunday
Monday 14 th December	5.30 AM	Gym + Swim
	4.30 PM	Swim Session



CARINA LEAGUES TRIATHLON CLUB

Friday 18 th December	5.30 AM	Swim Session
	4.30 to 6.00 PM	Gym + Swim Session
Saturday 19 th December	6.00 AM	Swim + Bike + Run Session at the Clem Jones Centre
Sunday 20 th December	<u>SESSION TO BE ADVISED</u>	
Monday 21 st December	5.30 AM	Gym + Run and/or Swim
	4.30 PM	Swim
Tuesday 22 nd December	5.30 AM	Run

A training plan for the Christmas – New Period will be issued on or before Tuesday 22nd December.
This training plan will be similar to previous years with training on in the morning on public holidays and double session offered most of the rest of the days.

