



# SENIOR TRAINING PROGRAM

Week 35

JANUARY	TIME	SESSION	VENUE	COACH
Monday 8th	5:15am 3:30pm 4:30pm	SWIMMING RUNNING BEGINNERS SKI	Golden Door Club Club	Pierce & Shane Pierce & Shane Pierce, Russall & Shane
Tuesday 9th	5:15am 4:00pm 5:00pm	SWIMMING BOARD GYM	Golden Door Club Club	Pierce & Shane Pierce & Russall Pierce & Russall
Wednesday 10th	6:00am 9:00am	SKI CHANGE OVERS	Club Club	Pierce & Russall Pierce & Shane
Thursday 11th	5:15am 4:00pm	SWIMMING BOARD	Golden Door Club	Pierce & Shane Pierce & Russall
Friday 12th	5:15am 4:00pm	SWIMMING SKI/ BOARD (STARTS)	Golden Door Club	Pierce & Shane Pierce & Russall
Saturday 13th	6:00am 6:30am	RUN-SWIMS IRONS	Club Club	Pierce, Russall & Shane Pierce, Russall & Shane
Sunday 14th	-	-	-	-

Pierce: 0422 259 443

Shane: 0413 652 672

Russall: 0438 889 453

Yoga will break for 4 weeks. Returning 18<sup>th</sup> January 2018.

Carnival	Location	Entries Close
Murphy Builders Maroochy Classic	Maroochydhore	12 <sup>th</sup> January 2018
Masters/ Senior Branch	Broadbeach	5 <sup>th</sup> February 2018
OLD Championships	Maroochydhore	19 <sup>th</sup> February 2018
Aussie Champs	Scarborough WA	14 <sup>th</sup> March 2018