



SENIOR TRAINING PROGRAM

Week 39

FEBRUARY	TIME	SESSION	VENUE	COACH
Monday 5th	5:15am 3:30pm 4:30pm	SWIMMING RUNNING SKI/BEGINNERS SKI	Golden Door Club Club	Pierce & Shane Pierce & Shane Pierce, Russall & Shane
Tuesday 6th	5:15am 4:00pm 5:00pm	SWIMMING BOARD GYM	Golden Door Club Club	Pierce & Shane Pierce & Russall Pierce & Russall
Wednesday 7th	6:00am 9:00am	SKI/ BEGINNERS SKI LEG SESSION	Club Club	Pierce & Russall Pierce & Shane
Thursday 8th	5:15am 4:15pm 5:30pm	SWIMMING BOARD YOGA	Golden Door Club Club	Pierce & Shane Pierce & Russall Shane Myers
Friday 9th	5:15am 4:00pm	SWIMMING BOARD & SKI STARTS	Golden Door Club	Pierce & Shane Pierce
Saturday 10th	6:00am 6:30am	RUN SWIMS IRONS	Club Club	Pierce, Russall & Shane Pierce, Russall & Shane
Sunday 11th	-	-	-	-

Pierce: 0422 259 443

Shane: 0413 652 672

Russall: 0438 889 453

Carnival	Location	Entries Close
Masters/ Senior Branch	Broadbeach	5 th February 2018
OLD Championships	Maroochydore	19 th February 2018
Aussie Champs	Scarborough WA	14 th March 2018