



# SENIOR TRAINING PROGRAM

Week 40

FEBRUARY	TIME	SESSION	VENUE	COACH
Monday 12th	5:15am 4:00pm 5:15pm	SWIMMING SKI/BEGINNERS SKI RUNNING	Golden Door Club Club	Pierce & Shane Pierce, Russall & Shane Pierce, Russall & Shane
Tuesday 13th	5:15am 4:00pm 5:00pm	SWIMMING BOARD GYM	Golden Door Club Club	Pierce & Shane Pierce & Russall Pierce & Russall
Wednesday 14th	6:00am 9:00am	SKI LEG /CHANGEOVERS	Club Club	Pierce & Russall Pierce & Shane
Thursday 15th	5:15am 4:15pm 5:30pm	SWIMMING BOARD YOGA	Golden Door Club Club	Pierce & Shane Pierce & Russall Shane Myers
Friday 16th	5:15am 4:00pm	SWIMMING BOARD & SKI STARTS	Golden Door Club	Pierce & Shane Pierce
Saturday 17th	6:00am 6:30am	RUN SWIMS IRONS	Club Club	Pierce, Russall & Shane Pierce, Russall & Shane
Sunday 18th	-	-	-	-

Pierce: 0422 259 443

Shane: 0413 652 672

Russall: 0438 889 453

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