



# SENIOR TRAINING PROGRAM

Week 43

MARCH	TIME	SESSION	VENUE	COACH
Monday 5th	5:15am 4:00pm 5:15pm	SWIMMING SKI/BEGINNERS SKI RUNNING	Golden Door Club Club	Pierce & Shane Pierce, Russall & 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	5:15am 6:00am	RUN SKI	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	CHANGEOVERS SWIMMING	Club Golden Door	Pierce & Shane Pierce
Saturday 10th	6:00am	IRONS	Club	Pierce, Russall & Shane
Sunday 11th	-	-	-	-

Pierce: 0422 259 443

Shane: 0413 652 672

Russall: 0438 889 453

\*Please bring shoes to the Friday afternoon swimming session

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