



SENIOR TRAINING PROGRAM

Week 44

| MARCH | 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 | 5:15am 6:00am | RUN SKI LOAD TRAILER | Club Club Club | Pierce & Russall Pierce & Shane Pierce |
| Thursday 15th | 5:15am | SWIMMING | Golden Door | Pierce & Shane |
| Friday 16th | - | <i>OLD STATE CHAMPIONSHIPS</i> | <i>Maroochydore</i> | - |
| Saturday 17th | - | <i>OLD STATE CHAMPIONSHIPS</i> | <i>Maroochydore</i> | - |
| Sunday 18th | - | <i>OLD STATE CHAMPIONSHIPS</i> | <i>Maroochydore</i> | - |

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 th February 2018 |
| OLD Championships | Maroochydore | 19 th February 2018 |
| Aussie Champs | Scarborough WA | 14 th March 2018 |