

SENIOR TRAINING PROGRAM

19TH-25TH FEBRUARY

DAY	TIME	SESSION	VENUE
MONDAY	5:00AM	SWIMMING	GCAC
	4:00PM	SKI/BEGINNER SKI*	CLUB
	4:00PM	SWIMMING*	EMF BUNDALL
TUESDAY	5:00AM	SWIMMING	GCAC
	3:00PM	GYM (U17 & UP)	CLUB
	4:00PM	BOARDS	CLUB
WEDNESDAY	5:00AM	RUN	
	5:45AM	SKI	CLUB
	5:45AM	CHANGE OVERS Load Trailer for SOS	
THURSDAY	5:00AM	SWIMMING*	GCAC
	3:00PM	GYM (U17 & UP)	
	4:00PM	BOARD (U15 & UP)	CLUB
FRIDAY	5:00AM	SWIMMING	GCAC
		SPRINTS*	CLUB
	4:00PM	SHANNON ECKSTEIN CLASSIC	
SATURDAY	6:00AM	IRONS	CLUB
		SHANNON ECKSTEIN CLASSIC	

THURSDAY 5:45AM - YOGA* - NIPPER BUILDING

****FOR GENERAL MEMBERS***

Complete the gym sessions in your own time if you can't attend at 3pm