



CBD August 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes:				1 REST OR individual swim	2 Long Ride, Location to be advised by weekly email 7:00am start	3 Long Run, 8am at MSAC
4 Swim: 6:30pm MSAC,	5 Wind Trainer Session MSAC 6:30pm	6 Swim: 6:30pm MSAC,	7 Run Session Meet @ Reception MSAC 6:30pm	8 REST	9 8am Study Park Bring all racing gear: Transition session Beginner to Elite	10 Rest Recovery Week
11 Swim: 6:30pm MSAC,	12 Wind Trainer Session MSAC 6:30pm	13 Swim: 6:30pm MSAC,	14 Run Session Meet @ Reception MSAC 6:30pm	15 REST OR individual swim	16 Long Ride, Location to be advised by weekly email 7:00am start	17 Long Run, 8am at MSAC
18 Swim: 6:30pm MSAC,	19 Wind Trainer Session MSAC 6:30pm	20 Swim: 6:30pm MSAC,	21 Run Session Meet @ Reception MSAC 6:30pm	22 REST OR individual swim	23 Long Ride, Location to be advised by weekly email 7:00am start	24 Long Run, 8am at MSAC
25 Swim: 6:30pm MSAC,	26 Wind Trainer Session MSAC 6:30pm	27 Swim: 6:30pm MSAC,	28 Run Session Meet @ Reception MSAC 6:30pm	29 REST	30 8am Study Park Bring all racing gear: Transition session Beginner to Elite	31 Rest Recovery Week