



CBD February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	31
Swim: 7:00pm MSAC, outdoor pool, lanes 8 & 9.	Run 6:00am MSAC Main Reception Wind Trainer Session 6:30pm MSAC Outdoor Pool Deck. Coach Ollie.	Swim: 6:30pm MSAC, outdoor pool, lanes 8 & 9.	Cycle Session 6:00am. MSAC Main Reception Combo Session 6:00pm. Elwood Life Saving Club Coach Ollie.	Swim: 6:00am MSAC, outdoor pool, lanes 1 & 2.	Combo Session/Long Run from 7:00am Main Squad. 10.00am Try the Tri. Elwood Life Saving Club	Race 4 Elwood Gatorade and Brooks
1	2	3	4	5	6	7
Swim: 7:00pm MSAC, outdoor pool, lanes 8 & 9.	Run 6:00am MSAC Main Reception Wind Trainer Session 6:30pm MSAC Outdoor Pool Deck. Coach Ollie.	Swim: 6:30pm MSAC, outdoor pool, lanes 8 & 9.	Cycle Session 6:00am. MSAC Main Reception Combo Session 6:00pm. Elwood Life Saving Club Coach Ollie.	Swim: 6:00am MSAC, outdoor pool, lanes 1 & 2.	Combo Session/Long Run from 7:00am Main Squad. 10.00am Try the Tri. Elwood Life Saving Club	Geelong Half Ironman Long Cycle 7:30am TBA
8	9	10	11	12	13	14
RECOVERY WEEK Swim: 7:00pm MSAC, outdoor pool, lanes 8 & 9.	Wind Trainer Session 6:30pm MSAC Outdoor Pool Deck, Coach Ollie.	Swim: 6:30pm MSAC, outdoor pool, lanes 8 & 9.	Cycle Session 6:00am. MSAC Main Reception Combo Session 6:00pm. Elwood Life Saving Club Coach Ollie.	REST DAY	Combo Session/Long Run/Pre Race Session from 7:00am Main Squad. 10.00am Try the Tri. Elwood Life Saving Club	Race 5 Portarlington Gatorade and Brooks
15	16	17	18	19	20	21
Swim: 7:00pm MSAC, outdoor pool, lanes 8 & 9.	Run 6:00am MSAC Main Reception Wind Trainer Session 6:30pm MSAC Outdoor Pool Deck. Coach Ollie.	Swim: 6:30pm MSAC, outdoor pool, lanes 8 & 9.	Cycle Session 6:00am. MSAC Main Reception Combo Session 6:00pm. Elwood Life Saving Club Coach Ollie.	Swim: 6:00am MSAC, outdoor pool, lanes 1 & 2.	Combo Session/Long Run from 7:00am Main Squad. 10.00am Try the Tri. Elwood Life Saving Club	Long Cycle 7:30am TBA
22	23	24	25	26	27	28
Swim: 7:00pm MSAC, outdoor pool, lanes 8 & 9.	Run 6:00am MSAC Main Reception Wind Trainer Session 6:30pm MSAC Outdoor Pool Deck. Coach Ollie.	Swim: 6:30pm MSAC, outdoor pool, lanes 8 & 9.	Cycle Session 6:00am. MSAC Main Reception Combo Session 6:00pm. Elwood Life Saving Club Coach Ollie.	Swim: 6:00am MSAC, outdoor pool, lanes 1 & 2.	Combo Session/Long Run from 7:00am Main Squad. 10.00am Try the Tri. Elwood Life Saving Club	Nissan/BRW Corp Tri Long Cycle 7:30am TBA