



CBD June 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Jun 09	2	3	4	5	6	7
Swim: 6:30pm MSAC, outdoor pool, lanes 8 & 9.	Run Session @ Aberfeldie 6:00pm.	Swim: 7:15pm MSAC, indoor pool, lanes 8 & 9.	Run Session 6:30pm. MSAC Main Reception, Coach Ollie.	Individual Swim: 6:00 am	LORNE CAMP	LORNE CAMP
8	9	10	11	12	13	14
LORNE CAMP	Wind Trainer Session 6:30pm MSAC , Coach Ollie. Run 6:00pm Elwood Life Saving Club,	Swim: 7:15pm MSAC, indoor pool, lanes 8 & 9.	Run Session 6:30pm. MSAC Main Reception, Coach Ollie.	Individual Swim: 6:00 am	Long Cycle 7:30am 1-3 hrs, Beach Rd.	Long Run 8:00am MSAC Main Reception, Coach Ollie.
15	16	17	18	19	20	21
Swim: 6:30pm MSAC, outdoor pool, lanes 8 & 9.	Wind Trainer Session 6:30pm MSAC , Coach Ollie. Run 6:00pm Elwood Life Saving Club,	Swim: 7:15pm MSAC, indoor pool, lanes 8 & 9.	Run Session 6:30pm. MSAC Main Reception, Coach Ollie.	Individual Swim: 6:00 am	Long Cycle 7:30am 1-3 hrs, Beach Rd.	Long Run 8:00am MSAC Main Reception, Coach Ollie.
22	23	24	25	26	27	28
Swim: 6:30pm MSAC, outdoor pool, lanes 8 & 9.	Run Session @ Aberfeldie 6:00pm.	Swim: 7:15pm MSAC, indoor pool, lanes 8 & 9.	Run Session 6:30pm. MSAC Main Reception, Coach Ollie.	REST DAY	Long Cycle 7:30am 1-3 hrs, Beach Rd.	Long Cycle 7:30am 1-3 hrs, Beach Rd.
29	30	1	2	3	4	5
Swim: 6:30pm MSAC, outdoor pool, lanes 8 & 9.	Wind Trainer Session 6:30pm MSAC , Coach Ollie. Run 6:00pm Elwood Life Saving Club,	Swim: 7:15pm MSAC, indoor pool, lanes 8 & 9.	Run Session 6:30pm. MSAC Main Reception, Coach Ollie.	Individual Swim: 6:00 am	Long Cycle 7:30am 1-3 hrs, Beach Rd.	Long Run 8:00am MSAC Main Reception, Coach Ollie.