



CBD March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
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.	Combo Session 6:00pm. Elwood Life Saving Club Coach Ollie.	Swim: 6:00am MSAC, outdoor pool, lanes 6 & 7.	Combo Session/Long Run from 7:00am Main Squad. 10.00am Try the Tri. Elwood	Long ride Ironman only
8	9	10	11	12	13	14
Night Off Labour Day Weekend	Run 6:00am MSAC Main Reception Wind Trainer Session 6:30pm MSAC outdoor Pool Deck. Coach Ollie.	Swim: 7:15pm MSAC, indoor 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 6 & 7.	Combo Session/Long Run from 7:00am Main Squad. 10.00am Try the Tri. Elwood Life Saving Club	Long Cycle 7:30am TBA
15	16	17	18	19	20	21
Swim: 7:15pm MSAC, Indoor pool, lanes 8 & 9.	Run 6:00am MSAC Main Reception Wind Trainer Session 6:30pm MSAC indoor athletics track. Coach	Swim: 7:15pm MSAC, indoor pool, lanes 6 & 7.	Cycle Session 6:00am. MSAC Main Reception Combo Session 6:00pm. Elwood Life Saving Club Coach Ollie.	Swim: 6:00am MSAC, outdoor pool, lanes 6 & 7.	Combo Session/Long Run from 7:00am Main Squad. 10.00am Try the Tri. Elwood Life Saving Club	Gatorade/Brooks Race 6 St Kilda. Long Cycle 7:30am TBA
22	23	24	25	26	27	28
RECOVERY WEEK Swim: 7:15pm MSAC, Indoor pool, lanes 8 & 9.	Wind Trainer Session 6:30pm MSAC indoor athletics track, Coach Ollie.	Swim: 7:00pm 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 No Session	Combo Session/Long Run from 7:00am Main Squad. 10.00am Try the Tri. Elwood Life Saving Club	Mooloolaba Triathlon Day Off
29	30	31	1st April Transistion	2	3	4
Swim: 7:15pm 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.	Combo Session 6:00pm. Elwood Life Saving Club Coach Ollie.	REST DAY No Session	Combo Session/Long Run from 7:00am Main Squad. 10.00am Try the Tri. Elwood Life Saving Club	Long Cycle 7:30am TBA