



TRAINING PLAN OUTLINE GUIDE FOR COMPETITIVE SQUAD 2007/8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30 am Gym + Run or Swim Or Post-Race Day event when normally training not on 7.00 until 9.00 am for this group	6.00- 6.30 Gym 6.30 – 7.30 Swim 7.30 – 9.00 Run	<i>Recovery Morning</i>	5.30- 5.50 Gym 5.50 – 7.00 Run 7.00 to 7.30 Swim + Water Run	5.30 am Swim + 7.30 to 9.30 am Draft Legal Cycling at Murrarie (or Long Ride 3 to 4 hours)	Venues and Times As Listed As Per the General Program Outline	
MID		12.00 approx – 5.00 pm Bike + Run + Recovery		Optional Bike – will be 2-3 hours from 1.00 pm (dependent on weekly recovery)			
PM	4.00 – 5.00 pm Gym 4.30 pm Swim			4.00 – 5.00 pm Gym 5.00 – 6.30 pm Swim	4.30 pm Run + Swim		

Notes

- ✚ On either Monday and/or Thursday afternoon we will be heading to QE 2 for a track run session (aim for 3 in 10 days then 1 week off track running)
- ✚ The Goal of the Squad is to have athletes in State and National Junior Teams or aiming to be a Professional Triathletes
- ✚ Athletes must pay Competitive or Professional Squad Fees to do these Additional Sessions to cover coaching costs
- ✚ The program is all or none – athletes must attend all sessions or return to the Age Group Squad Programs that have been already running