

# 2011 DRY SEASON TRI TRAINING SCHEDULE

MAY						
M	T	W	T	F	S	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE						
M	T	W	T	F	S	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY						
M	T	W	T	F	S	S
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4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
M	T	W	T	F	S	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER						
M	T	W	T	F	S	S
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5	6	7	8	9	10	11
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19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Legend	
	Ocean Swim - start 8am sharp, in front of Zanders takeaway on the grass, Cable Beach
	Brick Session - start 8am sharp, in front of Zanders takeaway on the grass, Cable Beach
	"Mock Tri" Training - start 8am sharp, in front of Zanders takeaway on the grass, Cable Beach
	Running Session (Intervals/Fartlek) @ 4/11 Challenor Drive, 'Cascades' Sunset Park (park on cnr Challenor/Kapang) start 5.30pm sharp.
	Cable Beach Triathlon!
	BRAC to Beach Fun Run (5k or 10k) - see BRAC for more details and entry forms - entries close 26 May
	School / Public Holiday