



JUNIOR BEGINNER TRAINING PLAN FOR SEPTEMBER TO DECEMBER 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	4.15 to 5.30 pm Bike + Run + Water Run		4.15 to 5.30 pm Gym + Swim	4.15 to 5.30 pm Run + Swim		6.00 to 8.30 am Swim/Bike/Run	Race or Rest

Junior Beginner Triathlon Events in September, October and December 2009:

27 th September 2009	Queensland Aquathon Championships	To be Advised
18 th October 2009	Gatorade Series Race 1	Raby Bay
8 th November 2009	All Schools – Regional Qualifier	Kawana
15 th November 2009	Gatorade Series Race 2	Robina
13 th December 2009	Gatorade Series Race 3	Raby Bay

WEEKEND TRAINING AND RACING FOR SEPTEMBER TO DECEMBER 2009

Saturday 5th September 6.00 am Clem Jones Centre for a Swim + Ride and Run Session
 Sunday 6th September **REST DAY**

Saturday 12th and Sunday 13th There are **NO SESSIONS** at the Clem Jones Centre due to the **ITU TRIATHLON WORLD CHAMPIONSHIPS** on the Gold Coast. We have many club members competing in different events and it is strongly encouraged to attend.

Saturday 19th September 6.00 am Clem Jones Centre for a Swim + Ride + Run Session
CARINA LEAGUES TRIATHLON CLUB SIGN-ON DAY
 Sunday 20th September **Optional Ride** 6.30 am – 8.30 am Ride At Metroplex

Jaimie Trotter
 Carina Leagues Triathlon Club Assistant Coach
 In progress BPsySc
 Level 1 Triathlon Coach



Saturday 26th September 6.00 am Clem Jones Centre for a Swim + Ride + Run or Water Run Session
Sunday 27th September *To Be Advised – Possible Aquathon Event this Sunday*

Saturday 3rd October 6.00 am Clem Jones Centre for a Swim + Ride + Run Session
Sunday 4th October **REST DAY**

Saturday 10th October 6.00 am Clem Jones Centre for a Swim + Ride + Run Session
Sunday 11th October **GATORADE SERIES RACE 1 - RABY BAY**

Saturday 17th October 6.00 am Clem Jones Centre for a Swim + Ride + Run Session
Sunday 18th October **REST DAY**

Saturday 24th October 6.00 am Clem Jones Centre for a Swim + Ride + Run Session
Sunday 25th October **REST DAY**

Saturday 31st October and Sunday 1st November, and Monday 2nd November there are **NO SESSIONS** at the Clem Jones Centre due to the **Noosa Triathlon**

Saturday 7th November 6.00 am Clem Jones Centre for a Swim + Ride + Run Session
Sunday 8th November **ALL SCHOOLS TRIATHLON – All Juniors** grade 7 and above wanting to race State Schools Event in February must do this race.

Saturday 14th November 6.00 am Clem Jones Centre for a Swim + Ride + Run Session
Sunday 15th November **GATORADE SERIES RACE 2 - ROBINA**

Jaimie Trotter
Carina Leagues Triathlon Club Assistant Coach
In progress BPSySc
Level 1 Triathlon Coach



Saturday 21st November 6.00 am Swim + Bike + Run Session from Clem Jones Centre
Sunday 22nd November **REST DAY**

Saturday 28th November 6.00 am Swim + Bike + Run Session from Clem Jones Centre
Sunday 29th November **REST DAY**

Saturday 5th December 6.00 am Swim + Bike + Run Session from Clem Jones Centre
Sunday 6th December **REST DAY**

Saturday 12th December 6.00 am Swim + Bike + Run Session from Clem Jones Centre
Sunday 13th December **GATORADE SERIES RACE 3 - RABY BAY**

Training breaks from Sunday 13th December and resumes Monday 18th January 2010 after which a new Training Plan will be issued.

HAVE A GREAT CHRISTMAS AND A HAPPY NEW YEAR!!!

Jaimie Trotter
Carina Leagues Triathlon Club Assistant Coach
In progress BPSySc
Level 1 Triathlon Coach