



TEAMTSO.COM Triathlon Squad Timetable – Winter 2011 – May to September (Inclusive)

Monday: AM SWIM - 5:30am meet at Valentine 25m Pool, off St. Johns Avenue, Valentine. This will be a 5-6km swim session, 1.5 hours, with a focus on developing aerobic fitness and strength endurance. Bring your paddles/pull buoy/ankle band. This session is \$5 + pool entry.

Tuesday: AM BIKE – 6:10am meet at Townson Oval, Merewether (Mitchell Park), off Berner St, Merewether. Warm up will commence until first light (approx. 6:30am), at which point athletes will complete a motor pacing session on the velodrome. The final week of the 6 week cycle, will be a V02 max test, followed by a whistle based fartlek/speed session. Session will finish at approximately 7:15am (depending on sunrise). **YOU MUST bring bike lights**. If you have appropriate clothing (full finger gloves/waterproof jacket/long tights/skull cap/booties) you will be WARM and able to complete a quality session. Failure to bring appropriate gear will negatively affect your training. This session is a lot of fun, results in big improvements, and will be safe here. The benefit is that people can continually chase the group repeatedly, even if they get dropped. This session is \$5.

Tuesday: PM BIKE – 4:10pm **SHARP** meet at Mauro Swim Team, 87 Bailey St Adamstown. We will be climbing a variety of different hills, working on developing specific bike strength and power. 3 main locations; Merewether, Redhead, Dudley. This session is \$5. **YOU MUST bring bike lights**

Wednesday: AM SWIM - 5:30am meet at Valentine 25m Pool, off St. Johns Avenue, Valentine. This will be a 5km swim session, 1.5 hours, with a focus on improving your anaerobic threshold. Short-rest and HR sets are the focus. This session is \$5 + pool entry.

Thursday: PM RUN – 4:10pm meet at Cardiff athletics track, off Mitchell Rd, Cardiff. This session will focus on improving speed endurance through specific interval sets, basic speed through short sprints, and technique. This session is \$5.

Thursday: PM Swim – 6:15pm meet at Newcastle University 50m Pool. We head over after running to complete this session. It will involve an aerobic>tempo endurance set (descending) in the long course pool. Technique is also a focus. It will remain largely aerobic due to the quality track set prior. This session is \$7 and FREE entry.

Friday: PM RUN and GYM – 5:30pm meet at Mauro Swim Team, 87 Bailey St, Adamstown. We will be completing a hill running session, using various hills in the area. The focus will be on specific strength development, and power through bounding. Following this, will be a **core stability/strength session** for 1 hour, with a focus on maintaining a strong body and injury prevention. Bring a swiss ball (fitball) and hand weights (3-5kg). This session is \$10 for both (or \$5 for 1).

Saturday: AM SWIM – 6:30am meet at Valentine 25m Pool, off St. Johns Avenue, Valentine. This will be a 4km swim session, 1.5 hours, with a focus on developing speed and lactate tolerance. This session is \$5 + pool entry.

Saturday: AM LONG COURSE & IRONMAN FOCUS SESSION. 11:15am meet at Mauro Swim Team, 87 Bailey St, Adamstown. This session will be geared around 6 main courses, all undulating, during the WARMEST part of the day. This is for 2 main reasons; enjoyment, and preparing for hot events i.e. Yeppoon and Hawaii. We will roll-out from the pool, and head to the start of the course EASILY as a group. We then complete loops of each course, at either target race pace OR we cruise, depending on which races are approaching. We then head back to the pool EASILY as a group. Each bike course is 4 hours, taking us to 3:15pm. We then head off from the pool for our **long run** for 1.5 hours into Glenrock. We run EASILY as a group for 20 minutes, and then we complete intervals on the trails, at either target race pace OR we cruise, depending on upcoming races. We then run EASILY as a group back to the pool. Session finishes at 4:45pm approx, and everyone gets a FREE CAN OF COKE (coffee coming soon). This session is \$5. **It's on RAIN or SHINE! If it looks like rain, the decision is EASY – put on a jacket!**

Sunday: PM Transitions BRICK session. 3:00pm meet at Cardiff Industrial Estate, off Munibung Rd. The new start point will be on the flat section of Munibung Rd, just past Ranton St. This is a 90 minute brick session of cycling and running. We practice skill development i.e. mount/dismount, and improving anaerobic threshold. This session is \$5.

Special Offer – Complete ALL the sessions for just \$150 per month.

TEAMTSO WINTER TRAINING TIMETABLE 2011 (May – September)

HEAD COACH – PETER MAURO – PHONE: 0423517098

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	SWIMMING SQUAD VALENTINE 25m POOL – St. Johns Ave 5:30-7:10	BIKE FOCUS DAY CYCLING TRAINING TOWNSON OVAL MEREWETHER 6:10am-7:15am	SWIMMING SQUAD VALENTINE 25m POOL – St. Johns Ave 5:30-7:10			SWIMMING SQUAD VALENTINE 25m POOL – St. Johns Ave 6:30-8:00	
PM	COMPULSORY FOR SQUAD IN WINTER! - Front Bike Light - Rear Bike Light - Warm Clothing	CYCLING TRAINING MAURO SWIM TEAM 87 Bailey St Adamstown 4:10-5:15pm		RUNNING TRAINING CARDIFF ATHLETICS TRACK Macquarie Hills Off Mitchell Rd 4:10-5:30pm SWIMMING SQUAD FORUM SPORTS AND AQUATIC CENTRE (50m), UNIVERSITY 6:15-7:30pm. Free Entry - \$7 per session	RUNNING TRAINING MAURO SWIM TEAM 87 Bailey St Adamstown 5:30-6:30pm CSE GYM SESSION 6:30-7:30pm \$10 (2 sessions)	LONG COURSE & IRONMAN FOCUS SET MAURO SWIM TEAM, 87 Bailey St, Adamstown. 11:15am - 4 hour ride 3:15pm – 1.5hr run \$5 + Free Coke/Coffee Target Pace Session	TRANSITIONS DUATHLON TRAINING BRICKS CARDIFF INDUSTRIAL ESTATE MUNIBUNG RD 3:00-4:30pm

PRICES – NOTE: FEES MUST BE PAID AT THE START OF EACH MONTH (Lane Hire has to be paid)

Complete Triathlon Squad (ALL SESSIONS): **\$150** per month + Pool Entry

Part Triathlon Squad (up to 6 sessions per week): **\$100** per month

Individual sessions: **\$5** per session + Pool Entry (except Forum, **\$7** + free entry)

Triathlon Training Programs (for outside squad sessions): See Website or Peter Mauro

ALL ABILITIES WELCOME!

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