

Training Outline 2017

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
02/01	NO AM swim Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	TCE Brick LC / SC / Jnr Bullockys Trail Run 4pm
09/01	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Brick Suttons Jnr Bullocky Trail Run 4pm
16/01	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Brick Suttons LC / SC Bullocky Trail Run 4pm
23/01	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	Aus Day Super Session	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Mooloolaba Swim / Run Bullocky Trail Run 4pm
30/01	Swim 5.30am	Swim 5.30pm	Swim 5.30am	M & M 5.15am	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	GOONDI

	Run Track 5pm		Run 6pm Murrumba Downs	Mt Mee ride 5.30am Swim 5.30pm			
06/02	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am / Swim Enoggera Dam Run 6pm Murrumba Downs Tyre change talk	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Brick Suttons TCE / Tre X race Long Ride 5.30am Bunnings Rothwell Bribie	Bribie 4 / Tre X race
13/02	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs Racing LC talk	M & M 5.15am Mt Mee 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Swim / Run Mooloolaba Bullocky Trail Run 4pm
20/02	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am / Swim Enoggera Dam Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am School States	Long Ride 5.30am Bunnings Rothwell Tweed Coast Enduro School States	Brick Suttons SC + LC Raby Bay
27/2	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell Bribie	Bribie

				Swim 5.30pm		NZ IM	
06/03	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Swim Enoggera Dam Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Mooloolaba OD
13/03	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Brick Suttons SC -
20/03	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Swim Enoggera Dam Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm Nutrition night	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Port Mac Super session – Mary / Nana Jnrs
27/03	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Brick SC – Paul Jnrs

03/04	Swim 5.30am Run Track 5pm Coaches Mtng	Swim 5.30pm	Swim 5.30am Swim Enoggera Dam Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Luke Harrop Muffin Sunday
10/04	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Easter Jnrs
17/04	Swim 5.30am SC + Port Mac Brick – Mary / Paul / Nana ? Monday Run Track 5pm	Swim 5.30pm	Swim 5.30am Swim Enoggera Dam Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	Moreton Bay Tri
24/04	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long Ride 5.30am Bunnings Rothwell	
01/05	Swim 5.30am	Swim 5.30pm	Swim 5.30am	M & M 5.15am	Swim 5.30am	Long Ride 6am	Port Mac Ironman

	Run Track 5pm		Swim Enoggera Dam Run 6pm Murrumba Downs	Mt Mee ride 5.30am Swim 5.30pm			
08/05	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long ride 6am Ultraman	Ultraman
15/05	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Swim Enoggera Dam Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long ride 6am Straddie Salute	
22/05	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long ride 6am	Cairns Brick
29/05	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am	Swim 5.30am	Long ride 6am	

				Swim 5.30pm			
05/06	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long ride 6am	Cairns IM
12/06	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long ride 6am	
19/06	Swim 5.30am Run Track 5pm	Swim 5.30pm	Swim 5.30am Run 6pm Murrumba Downs	M & M 5.15am Mt Mee ride 5.30am Swim 5.30pm	Swim 5.30am	Long ride 6am	