

1st August 2022

Phase 2 - Development of Race Fitness (8 Weeks)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SWIM	SWIM	SWIM	SWIM	SWIM	SKI - 7.30am	IRON - 8am
					Johnson Street	Trigg
	Ski Weights - 6am		Gym / Fitness - 6am		Reece & Todd	Mozzie
	Trigg		Trigg			(Iron without ski)
	Todd		Ruby			
					BOARD - 9.30am	
					Trigg - Dave	
RUN - 4.30pm	RUN - 4.30pm	RUN - 4.30pm	Ski Weights - 4.30pm	SAND RUN - 4.30pm	IRON - 2pm	OFF
Johnson Street	Hillarys	Hillarys	Trigg	Trigg	Trigg	
Mozzie	Mozzie	Mozzie	Todd	Mozzie	Mozzie	
					(Iron with Ski)	
SKI - 5.00pm	BOARD - 5.00pm	SKI - 5pm	RUN - 5.30pm	BOARD - 5pm		
Johnson Street	Hillarys	Hillarys	Trigg	Trigg		
Reece & Todd	Mozzie & Dave	Reece & Todd	Mozzie	Mozzie		
		Boxing - 6pm				
		6pm Trigg				
		Mike Cook Hall				
Swim	Board	Ski	Run	Weights	Ironman	TOTAL
5	3	3	5	3	2	21

Running before craft sessions will be 20mins

Wednesday boxing fitness is for all members

Ski Weight Program to be provided and demonstrated by Andrew Toms and Todd Brewer

Ruby's gym / fitness sessions will begin on the 11th August for all members