

			Week Commencing					
	Time & Session	Location	04/08/2009	11/08/2009	18/08/2009	25/08/2009	01/09/2009	08/09/2009
Monday	6pm for 6.05pm start. Long Tempo RUN or RUN-WALK	UWA Boat Shed Car Park. Mounts Bay Road.	60 mins run-walk as 9:1 after a 5' walk warm-up.	60 mins with the middle 30 mins at tempo pace (i.e. 6-7 / 10)	70 mins run-walk as 9:1 after a 5' walk warm-up.	60 mins with the middle 40 mins at tempo pace (i.e. 6-7 / 10)	80 mins run-walk as 9:1 after a 5' walk warm-up. OR easy 20' for those who did C2S	70 mins with the middle 50 mins at tempo pace (i.e. 6-7 / 10)
Wednesday	5.45am for 5.50am start. Bike Intervals or Social Ride	Bouchard Cafe, Mount Street	Mount Pleasant. 10', 8', 6', 4' 2' @ 80% with 3' easy between. All at 90rpm.	Mosman Park. 60' tempo circuit. Climb hills out of saddle in biggish gear.	Shelley Loop. 4 x 10' with 2' easy between each. All at 105rpm & 80%	Easy Social Ride. 1h30 around South Perth and environs.	Mount Pleasant. 10', 8', 6', 4' 2' @ 80% with 3' easy between. All at 90rpm.	Mosman Park. 60' tempo circuit. Climb hills IN the saddle in small gear.
Thursday	6pm for 6.15pm start. Running Intervals	UWA footy club room veranda, McGilvray Oval	4 x 2km (or 10') at 10km pace with 90s easy jog between each.	6/5/4/3/2/1 fartlek run, i.e. 6' at 10km pace + 6' jog, then 5 + 5 etc etc	5 x 5' hard efforts on a hilly course with 3' easy between each.	Easy run of 30 to 45 mins with 5 x 1' surges at 5km pace. Feel good.	10 mins easy warm-up then 45 mins tempo run at 80% then 5 mins easy cool down.	Test yourself over a 5 or 10km run tonight - how quick can you go? Keep it flat.
Saturday	6.20am for a 6.30am start. Long Bike Ride or Social Ride.	Bell Tower, Perth	60 to 80km Gooseberry Hill circuit: <a href="http://connect.garmin.com/activity/8172418">http://connect.garmin.com/activity/8172418</a>	64km loop out to Kalamunda: <a href="http://connect.garmin.com/activity/10342922">http://connect.garmin.com/activity/10342922</a> fast group start with lap of Kings Park	<b>PAUL AWAY.</b> 98km Mundaring Weir Ride: <a href="http://connect.garmin.com/activity/10183525">http://connect.garmin.com/activity/10183525</a>	45km Easy Cafe Ride: <a href="http://connect.garmin.com/activity/9795383">http://connect.garmin.com/activity/9795383</a>	130km Death Valley Ride: <a href="http://connect.garmin.com/activity/10360585">http://connect.garmin.com/activity/10360585</a>	64km loop out to Kalamunda: <a href="http://connect.garmin.com/activity/10342922">http://connect.garmin.com/activity/10342922</a> fast group start with lap of Kings Park
Sunday	Various. RACE	Various	Women's Classic 10km. See <a href="http://www.wamc.org.au/">http://www.wamc.org.au/</a> for more details.	Lake Joondalup 10km OR Winter Triathlon - see <a href="http://allbarnone.com/contactus.html">http://allbarnone.com/contactus.html</a>	Lake Lesch 20km TT - see <a href="http://www.atta.as.au/">http://www.atta.as.au/</a>	City-2-Surf - 12km, 21.1km or 42.2km. See <a href="http://www.citytosurf.a ctiv.asn.au/">http://www.citytosurf.a ctiv.asn.au/</a>	Kings Park 15km run - see <a href="http://www.wamc.org.au/">http://www.wamc.org.au/</a>	Shenton Park 17km TT - see <a href="http://www.atta.asn.au/">http://www.atta.asn.au/</a>