



# THE TEAM CORE TRAINING PROGRAM JUNE 2008 ONWARDS

Day	Session	Meet Time	Start Time	~ Finish Time	Venue	Cost
Monday	<b>Long Steady Run or Tempo Run</b> - requires fluid for hydration.	06:00	06:05	07:15	UWA Carpark, Crawley	0
	<b>"Time 4 Me" Swim Enhancement Program</b> - small group technique session for those needing extra help with their stroke. Includes 30mins of pre-swim core & flexibility work.	08:50	09:00	10:30	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	1 Credit or \$15
	<b>Cycle Windtrainer</b> - key weekly cycle session addressing specific adaptation for cycle time trial performance.	18:00	18:15	07:30	The Club Rooms at Claremont Pool. Use rear car park. DO NOT enter through turnstiles!	1 Credit or \$15
Tuesday	<b>Pool Swim</b> - key weekly swim session working on enhancing efficiency and improving fitness. Includes 30mins of pre-swim core & flexibility work	05:25	05:30	07:00	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	1 Credit or \$15
	<b>Running Technique</b> - perfect for beginner /intermediate level athletes to develop good form and posture.	18:00	18:15	07:30	McGilvray Oval, Challenge Stadium (access off Brockway Road). Meet on 1000m running loop	1 Credit or \$15
Wednesday	<b>Long Cycle Intervals</b> - perfect for developing sustainable speed and endurance! Post-ride coffee.	05:45	05:50	07:30	Bouchard Café, Mount Street, Perth (just at bottom of Kings Park, near Jacob's Ladder)	0
	<b>"Time 4 Me" Swim Enhancement Program</b> - small group technique session for those needing extra help with their stroke. Includes 30mins of pre-swim core & flexibility work.	08:50	09:00	10:30	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	1 Credit or \$15
	<b>Pool Swim</b> - key weekly swim session working on enhancing efficiency and improving fitness.	17:50	18:00	19:00	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	1 Credit or \$15
Thursday	<b>Long Run Intervals &amp; Technique</b> - perfect for developing sustainable speed and endurance whilst in a semi-fatigued state!	18:00	18:15	07:30	McGilvray Oval, Challenge Stadium (access off Brockway Road). Meet on 1000m running loop	1 Credit or \$15
Friday	<b>Pool Swim</b> - key weekly swim session working on enhancing efficiency and improving fitness. Includes 30mins of pre-swim core & flexibility work.	05:25	05:30	07:00	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	1 Credit or \$15
	<b>"Time 4 Me" Swim Enhancement Program</b> - small group technique session for those needing extra help with their stroke. Includes 30mins of pre-swim core & flexibility work.	08:50	09:00	10:30	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	1 Credit or \$15
Saturday	<b>"TEAM DAY"</b> - various fun off-season multisport activities to keep you active! May to October.	06:55	07:00	11:00	Please refer to weekly details of this session at The TEAM CORE's online Blog!	0
	<b>Pool Swim</b> - key weekly swim session working on enhancing efficiency and improving fitness.	12:50	13:00	14:00	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	1 Credit or \$15
Sunday	<b>REST DAY</b>					

