

THE TEAM CORE TRAINING PROGRAM SEP '09 ONWARDS

Day	Session	Meet Time	Start Time	~ Finish Time	Venue	Cost
Monday	Weekly Kick Start Swim Session. This will be a blend of 50% technique work and 50% "good pace" swimming.	6:45	7:00	8:00	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	Program, 1 credit or \$15
	"Time 4 Me" Swim Enhancement Program - small group technique session for those needing extra help with their stroke.	9:15	9:30	10:30	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	Program, 1 credit or \$15
	Long Tempo Run - continuous run at a tempo (75-80%) effort	18:00	18:05	19:00	UWA Car Park on corner of Mounts Bay Road & Hackett Drive.	FREE
Tuesday	Pool Swim - 3 x 1hr separate swim squad sessions - 5.30am, 6.30am & 6.15pm. Focus on Technique and Endurance Development.	5 - 10 mins before start	5:30AM, 6:30AM or 6:15PM	1 hour after start	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	Program, 1 credit or \$15
Wednesday	1.5 hr Wednesday morning swim session including first 15 mins dryland work, e.g. stretching etc	5 - 10 mins before start	5:30	7:00	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	Program, 1 credit or \$15
	Long Cycle Intervals - perfect for developing sustainable speed and endurance! Also great for developing Cyclo Sportif skills. Post-ride coffee at Bouchard's	5:45	5:50	7:30	Bouchard Café, Mount Street, Perth (just at bottom of Kings Park, near Jacob's Ladder)	FREE
	"Time 4 Me" Swim Enhancement Program - small group technique session for those needing extra help with their stroke.	9:15	9:30	10:30	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	Program, 1 credit or \$15
Thursday	Cottesloe Beach Openwater Skills session. Will involve some beach running and LOTS of fun! This is THE best session of the week (I think!!)	5 - 10 mins before start	6:00	7:00	Cottesloe Beach on the grassy bank immediately adjacent to the Indiana Tea Rooms. COMMENCES ON THURSDAY 1ST OCT	Program, 1 credit or \$15
	Running Intervals - each week will vary and include a range of hills, speed and interval work. Perfect for City-2-Surf entrants.	18:00	18:15	19:15	McGilvray Oval, Challenge Stadium (access off Brockway Road). Meet at the Footy Club rooms on the veranda.	FREE till 7th September
Friday	Pool Swim - 2 x 1hr separate swim squad sessions - 5.30am and 6.30am. Focus on threshold and speed development.	5 - 10 mins before start	5:30AM or 6:30AM	1 hour after start	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	Program, 1 credit or \$15
	"Time 4 Me" Swim Enhancement Program - small group technique session for those needing extra help with their stroke.	9:15	9:30	10:30	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	Program, 1 credit or \$15
	Rottneest Solo / Duo swim program at Claremont Pool. Uncoached session. Long distance intervals with Paul - THE session for your success in this event!	16:30	16:45	19:00	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	FREE
Saturday	Long Ride - each week we'll use a different route and may mix this up with some MTB riding as well as road. Typically 2 groups of ability will operate. It is your priority to read the route and check the map each week!	6:20	6:30	9:30	Please refer to weekly details of this session at The TEAM CORE's online Blog!	Program, 1 credit or \$15
	Long Ocean SWIM - openwater swim in various venues, perfect for those building up to the Rottneest Channel Swim!	7:45	8:00	10:00	Please refer to weekly details of this session at The TEAM CORE's online Blog!	FREE
	Pool Swim - key weekly swim session working on open-water skills and techniques in the pool!	12:50	13:00	14:00	Claremont Swimming Pool, Davies Road. \$4.20 entry fee	Program, 1 credit or \$15
Sunday	REST DAY or RACE					