

TEAM CORE SUGGESTED RACE ITINERARY 2009 - 2010 BY DISCIPLINE, ABILITY, GOAL AND DATE

Weekend of (Saturday)	Casual Swimmers / Triathletes	Rottnest DUO / SOLO Swimmers	Novice / Sprint Distance Triathletes	Olympic Distance Triathletes	Half Ironman Triathletes	Ironman Triathletes	
10/10/2009			North Coast Aquathlon (FRI)	North Coast Aquathlon (FRI)	North Coast Aquathlon (FRI)	North Coast Aquathlon (FRI)	
17/10/2009							
24/10/2009			Perth Sprint TRI	Perth Sprint TRI	World Long Course	World Long Course	
31/10/2009		Rockingham 2.5 / 5km	North Coast Aquathlon (FRI)	North Coast Aquathlon (FRI)			
07/11/2009	Lake Lesch 1.6km	Lake Lesch 1.6km	Lake Lesch 1.6km	Bunbury Classic	Bunbury Classic	Bunbury Classic	
14/11/2009	Mullaloo 1.25km	Mullaloo 2.5 / 5km			Mullaloo 2.5 / 5km	Mullaloo 2.5 / 5km	
21/11/2009	Perth Great Bike Ride		Perth Great Bike Ride				
28/11/2009	West Coast 1.0km	West Coast 1.6km	West Coast 1.6km	West Coast 1.6km	Chidlow Hilly 40km Cycle TT	Chidlow Hilly 40km Cycle TT	
05/12/2009	Swim Thru Rottnest	Swim Thru Rottnest				Ironman WA	
12/12/2009		Champion Lakes 5 / 10km	North Coast Aquathlon (FRI)	North Coast Aquathlon (FRI)	North Coast Aquathlon (FRI)	Rest Period	
19/12/2009							
26/12/2009							
02/01/2010	Leighton Beach 1.25km	Leighton Beach 2.5 / 5km					
09/01/2010		Scarborough 1.6km	North Coast Aquathlon (FRI)	North Coast Aquathlon (FRI)			
16/01/2010	Cottesloe Classic	Cottesloe Classic (Sat) & Swim Thru Perth (Sun)			** Start of 16-week HIM Program 11/01/09 **	Chittering Hilly 48k Cycle TT	
23/01/2010	Australia Day Triathlon	Sorrento Beach 5km (Sat) & 10km (Sun - soloists)	Australia Day Triathlon	Perth 5-days Crits (for the fast guys!!!)			
30/01/2010				City of Perth TRI		Wandi 80km Cycle TT	
06/02/2010	Cottesloe - Swanny Swim	Cottesloe - Swanny Swim / Busselton Jetty Swim	Cottesloe - Swanny Swim	Cottesloe - Swanny Swim	Busselton Jetty Swim (& mini brick)	Busselton Jetty Swim (& mini brick)	
13/02/2010					Herne Hill 40km TT		
20/02/2010	Rottnest Channel Swim	Rottnest Channel Swim					
27/02/2010				Albany Classic	Albany Classic		
06/03/2010							
13/03/2010			Champion Lakes TRI	Champion Lakes TRI		Wandi 40km Cycle TT	
20/03/2010	Cocos Islands Swim	Cocos Islands Swim			Structured BRICK # 1		
27/03/2010			The TEAM CORE Rottnest Island Boot Camp inc. Structured BRICK # 2				
03/04/2010					State 80km TT Champs	State 80km TT Champs	
10/04/2010					Structured BRICK # 3		
17/04/2010					Structured BRICK # 4	State 160km TT Champs	
24/04/2010							
01/05/2010	Busso HIM (Cheer squad)	Busso HIM (Teams)	Busso HIM (Teams)	Busso HIM (Teams)	Busselton Half Ironman	Busselton Half Ironman	

NOTE: THESE RACES ARE PURELY A GUIDELINE TO ASSIST YOU WITH YOUR PLANNING - NOT COMPULSORY!!