

# VISION TRI CLUB

www.visiontriclub.com.au

February 2012

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
<p><b>6am-7am</b></p> <p><b>Running -Intervals</b></p> <p>Meet in Carpark across from UQ St Lucia Tartan Track</p>	<p><b>5.30am – 7am</b></p> <p><b>Cycle</b></p> <p>7<sup>th</sup> -St Lucia Carpark – Transition Practice Cycle and Run (More Cycle then Run)</p>	<p><b>6am-7am</b></p> <p><b>Running– Endurance Tempo</b></p> <p>Meet in front of Somerville House Pool</p>	<p><b>6am-7am ‘Power Hour’</b></p> <p><b>Transition session</b></p> <p>Somerville House Pool Windtrainer Required</p>	<p><b>6am Start – usually 9am finish</b></p> <p>4<sup>th</sup>- Jindalee Pool Meet –Swim, Cycle and Run session. Options up to athlete fitness level: 400/15km/ 1lap run 750 / 25km / 1-2 lap run 1000/30-40km / 2-3 lap cycle Small circuit is approx. 3km and large circuit 8km – know your plan before starting</p>	<p>Caloundra QTS Race and or Goondiwindi.</p>
	<p>14<sup>th</sup>-Somerville Pool Meet – Corso 2km Repeats x 2 plus 1km Power Starts</p>			<p>11<sup>th</sup> Jindalee Triathlon – Repeat from last week - so improve on distance or time</p>	<p><b>Geelong</b></p>
	<p>21<sup>st</sup> – Slaughter Falls Carpark Meet – Bardon Blast Loops 2 person or individual 20km Effort</p>			<p>18<sup>th</sup> -Orion Shopping Centre Springfield Start – Interval Session</p>	
	<p>24<sup>th</sup> – Somerville Pool Meet- Corso 2km Repeats/1km Power Starts</p>			<p>TBA</p>	<p>Sunday ...QTS race for some athletes but ride to race start from Carindale.!!! Club cycle ☺</p>
<p><b>6pm-7pm</b></p> <p><b>Swimming</b></p> <p>Somerville House Pool</p>	<p><b>6pm-7pm</b></p> <p><b>Swimming</b></p> <p>Somerville Pool</p>		<p><b>6pm-7pm</b></p> <p><b>Swimming</b></p> <p>Somerville House Pool</p>		

\*\*Somerville House Pool – Stephens Road South Brisbane

\*\* Slaughter Falls Carpark – Mt Cootha – first car park on left hand side once passing the planetarium

\*\* Beginners to New to the Sport Athletes – Monday Morning Run/Tuesday and Thursday Night Swims/Thursday Morning Power Hour Sessions are your starting point – we will then increase your sessions with the squad as required with confidence and fitness.

\*\*Distances vary in each session depending on your fitness and ability. All athletes are catered for each session...come and join us ☺

\*\* Fee Structure on website along with the club membership form.