

Christmas Training Program

Day and time	Discipline	Meeting Place	
Monday			
5.30 AM	Swim/Water run	Runcorn Pool	
Tuesday			
5.30 AM	Ride/Run	ANZ Stadium	
5.45 PM	Swim	Hibiscus Pool	
Wednesday			
5.30 AM	Run	ANZ Stadium	Run trails
Thursday			
5.45 AM	Ride	Murarrie	
5.45 PM	Swim	Runcorn Pool	
Friday			
5.30 AM	Run	ANZ Stadium	Track
Saturday			
5.30 AM	Run/Swim	Runcorn Pool	
Sunday			
5.30 AM	Ride/Run	Arrange to suit majority	