



AUGUST

CLUB TRAINING SCHEDULE:

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Dates		Starts on the 11th	12th 19th 26th	Starts on the 13th		Starts ASAP	9th 23rd 30th
Time		6.30-7.30pm	7.30-9pm	6.15-7.30pm		2-3pm	10-11.30am
Discipline		Swim training	SLSC Pool Champs training	Track running		Distance running	SLSC Pool Champs training
Venue		QEII Pool	QEII Pool	QEII track		Venue TBA	QEII Pool
Coaches		Viv/Lydia		Viv		Mike Smith	Craig Mahan

The Tuesday swimming training sessions will be focused on fitness and technique, with some emphasis on the Pool Champs events.

More specific Pool Champs sessions are available through SLSC on Wednesdays and Sundays. Craig Mahan and Jeannie Milne will be available to coach at the Sunday session. Depending on demand coaches may be assigned to the Wednesday session.

Meeting points for the Saturday running will be advised by text message by Mike Smith to those that have signed up for that. (Mike: 0274374963).