

Taylor's Overview 2015 - 2016

	Week	Events	Oceans	Open/Junior	Beach
0.	2-8 Nov	Open Day	Aerobic/Threshold	Aerobic/Threshold	
1.	9-15 Nov				
2.	16-22 Nov				
3.	23-29 Nov				Mon 23 – 6.30pm
4.	30-6 Dec		Threshold/VO2		Sun 29 - 10am
5.	7-13 Dec			Threshold/VO2	Thur 10 – 6.30pm
6.	14-20 Dec				Thur 17 – 6.30pm
7.	21-27 Dec				Hol
8.	28-3 Jan		VO2/Production		Hol
9.	4-10 Jan				Sun 10 – 10am
10.	11-17 Jan			VO2/Production	
11.	18-24 Jan				
12.	25-31 Jan				
13.	1-7 Feb		Production		
14.	8-14 Feb				
15.	15-21 Feb			Production	
16.	22-28 Feb				
17.	29-6 Mar	Ocean Athletes	Performance Week		
18.	7-13 Mar				
19.	14-20 Mar	Nationals		Performance Week	