

2015 WEEKLY PLAN – Monday 16-22 Nov

	Oceans	Open/Junior	Venue		Events
2.	6pm	6pm	TM		Taylors 2 Sumner

AM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Session						Taylors 2 Sumner or Threshold(L3) Board/Ski All 12 x 2min On 5min 165-175 bpm	JNR SURF
Skill						Off beach	
Coach						Leigh/10:30AM	10AM

PM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Session	Aerobic(L2) Board/Ski Open 1.5 hours Oceans 1 hour 140-150bpm	Threshold(L3) Board/ski Open 1x2min (on 3min) 2x1min (on 2min) X5 165-175 bpm	Aerobic(L2) Long Transitions All 1 hour 140-150bpm	Threshold(L3) Board/Ski All 3min on 5min 3 x 2min on 3min X2 165-175 bpm	Max Speed(L7) All 6x25sec X2 Rolling speed Unlimited rest max speed		
Skill	Technique	On-Off the beach (surf)	Wading	Start Sequence	Starts/Speed		
Coach	Craig/Leigh/TM		Fraser/TM	Craig/TM			

2015 WEEKLY PLAN – Monday 23-29 Nov

	Oceans	Open/Junior	Venue		Events
2.	6pm	6pm	TM		

AM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Session						Threshold(L3) Board/Ski All 3min (paddle back) 2min 1min X3 165-175 bpm	SURF
Skill						Off beach	
Coach							10AM

PM

Session	Aerobic(L2)	Threshold(L3)	Aerobic(L2)	Threshold(L3)	Max Speed(L7)		
	Board/Ski Open 1.5 hours Oceans 1 hour 140-150bpm	Board/ski Open 7x3min On 5min 165-175 bpm	Long Transitions All 1 hour 140-150bpm	Board/Ski All 3min on 5min 3 x 2min on 3min X2 165-175 bpm	All 6x25sec X2 Rolling speed Unlimited rest max speed		
Skill	Technique	On-Off the beach (surf)	Wading	Start Sequence	Starts/Speed		
Coach	Craig/Leigh/TM		Fraser/TM	Craig/TM			
Beach	Malcom/TM/6.30pm						