



Multisport**GOLD**

**WINTER  
TRAINING SCHEDULE**  
**3rd June 2019**



Multisport**GOLD**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	AM CAAC Swim Squad 5.30-7.00am	AM Individual rides	AM CAAC Swim Squad 5.30-7.00am	AM Individual rides	AM parkrun 7.00am  Swimming TBA Weekly Pool & Open Water	AM Oxenford Lake Carpark Long Course, Short course Social rides. 5.30am
PM	PM CACT Run-Track Session 5.30pm	PM	PM Adidas Park Run-Strength Session 5.30pm	PM	PM	PM Coombabah Wetlands Run fitness 3.30pm  <i>Social dinner monthly</i>

## Please note times are START times, ensure you are ready to depart on time.

CAAC Coomera Anglican Aquatic Centre

CACT Coomera Anglican College Track

Adidas Park

Oxenford Lake Carpark

Coombabah Wetlands

Billinghurst Street Upper Coomera

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Reserve Road Skate Park (Cnr Old Coach Road Upper Coomera)

Watersports Lane, Oxenford

Entrance off Rain Tree Glen Coombabah

**Multisport Gold is a proud supporter of Coomera Park Run, Rosevalley Drive Highland Reserve**

**For ALL Group rides it is expected AT ALL TIMES road rules to be obeyed and riding etiquette maintained.**

**ALL sessions CASUAL FEES APPLY (unless on monthly program)**

**Pool entry is payable at each session. Entry passes are available for purchase.**

**Sunday SOCIAL ride has a no-drop policy. This ride has NO INSURANCE coverage under Multisport Gold, it is recommended riders seek alternative individual coverage**

Fee Structure	
CAAC Pool entry	\$5
Casual session	\$10
10 visit pass	\$100
20 visit pass	\$180
Email Monthly Prog.	\$140
Monthly Program	\$150