



**SUMMER
TRAINING SCHEDULE
5th November 2018**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Day off	AM CAAC Swim Squad 5.30-7.00am (IM 5.15AM)	AM Luke Harrop Track Brick Session 5.15am warm up (Ride & run gear) 60-75mins <i>2nd Wed each month</i>	AM CAAC Swim Squad 5.30-7.00am (IM 5.15AM)	AM Individual programs	AM parkrun 7.00am Swimming TBA Weekly Pool & Open Water	AM Hope Is Sh/Ctre Ride-Long, Short & Social 5.15am
PM	PM CACT Run-Track Session 5.30pm	PM	PM Adidas Park Run-Strength Session 5.30pm	PM	PM	PM Coombabah Wetlands Tempo Run session 3.30pm <i>Last Sun each month</i> Dinner after training

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

CAAC Coomera Anglican Aquatic Centre

CACT Coomera Anglican College Track

Luke Harrop High Performance Track

Adidas Park

Hope Island Shopping Centre

Coombabah Wetlands

Billinghurst Street Upper Coomera

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Top Carpark Oxley Drive Biggera Waters

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

Santa Barbara Drive, Hope Island (Park in 15P)

Main Trail Entrance 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.

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