



## EXPERIENCED ATHLETES SQUAD PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Ride 5:45am - 7:15am Bunch ride Centennial Park Musgrave gates	Run 5:45 - 7:15am Strength and hills Centennial Park Musgrave gates	Swim 6am - 7:30am Threshold & race pace work Prince Alfred Park	Ride 5:45am - 7:15am TT specific and race pace Centennial Park Musgrave gates	Run 7:30am Long group run All easy aerobic pace Musgrave gates	Long Ride or Brick 6:15am Aerobic group ride 2 group levels OR Race specific work in CP
		<b>JUNIORS WELCOME</b>	<b>JUNIORS WELCOME</b>	<b>JUNIORS WELCOME</b>	<b>JUNIORS WELCOME</b>	
					Swim 12:30 - 2:00pm Strength, technique & aerobic Prince Alfred Park	

Contact Chris on 0408632383 or [chris@pb3.com.au](mailto:chris@pb3.com.au) before attending your first session

**Squad schedule for experienced athletes**  
Discuss training options with coach before turning up for your first session. Weekend training is a guide ONLY and may vary depending on upcoming racing and other events - ALL SESSIONS ARE COACHED

**Squad training with EASTS TRI CLUB**  
1 sport - \$80 p/m (Juniors half price)  
2 sports - \$150 p/m (Juniors half price)  
3 sports - \$180 p/m (juniors half price)  
10 visit pass - \$150

**Race for EASTS TRI CLUB THIS YEAR!**  
like the Facebook page for more info and details including membership application.

**EASTSTRICLUB.COM.AU**