

Training

RTC offers a number of training sessions throughout the year for both [senior](#) and [junior](#) members.

Please check with the contacts provided to ensure the session is being held as listed, as times and venues may change.

Our Monday Track Running session at John Oxley Reserve (Ogg Road, Murrumba Downs) is a good place to meet plenty of other members and plan additional training sessions together.

Coaches

Our club head coach is Mary Jackson who is also our Junior specialist coach. She is a Level One accredited triathlon coach and has been coaching for over 10 years. Her experience is with juniors and beginner athletes but is available for all abilities.

Our running coach is Graham Bliss. Graham is a Level 4 Middle and Long Distance coach (registered with Australian Track and Field Coaches Association) and a Level 2 Triathlon coach. He has been coaching at Redcliffe Triathlon Club since 1996. His athletes have had success in track and field, cross country, marathon and ultra marathon running and triathlon, including the Hawaiian Ironman.

Our swimming coach is Brett Jackson who is an accomplished swimmer and Level 1 Tri coach (pending).

Jules Dillon is a Level 1 cycling coach and will be in charge of most of the cycling sessions.

Dan McT is coaching our gym sessions and core strength sessions. Dan is an accredited personal trainer and a Level 1 Triathlon coach.

Gai Grieve has been working with our young junior athletes with their running. Gai is a Level 1 Athletics coach - all disciplines (ATFCA) and Level 2 Athletics - Sprints, Hurdles, Relays (ATFCA).

All coaches hold blue cards, details available upon request.

All coaches offer Prepaid 10 Sessions Cards which can be purchased from each coach direct.

Senior Training Sessions

Summary	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30am – 6.45am Swimming	5:00am Cycling Speed Session 35@35 5:00am Speed Running Session Core Strength / Boot Camp - ONLY held in Winter - check web site for weekly details	5.30am – 6.45am Swimming 5:00am Cycling Weekly Solid Ride	5:30am Cycling Hill Session– Alternating Hill repeat / Technique Session 5:00am Hills Running Session Core Strength / Boot Camp - ONLY held in Winter - check web site for weekly details	5.30am – 6.45am Swimming	6:00am Road Cycling Session – Weekly Long Ride	6:00am Brick Session (Short Swim / Bike / Run)
PM	5:00pm Track Running Session – Speed Work	7:30pm Gym Session 7:30pm Speed Running Session	4.15pm – 5.45pm Cycling Road Speed Session + Run				4pm Trail Running Session – Long Run

Swimming Sessions

Location:	North Lakes Pool, North Lakes. Little Burke St.
Equipment Required:	Swimming Togs; Swim Cap+ Goggles, (Kick Board + Pull Buoy recommended but not mandatory)
Details:	This squad is open to all swimmers from beginners to experienced.
Cost:	\$7.20 per session – pay \$4.20 pool entry + \$3 to coach, 10 sessions cards available
Enquires:	Phone Brett Jackson 0433-134-177
Time/Day:	Summer + Winter Mon, Wed + Fri 5.30am – 6.45am.

There are other swim squad that we can link you into if this squad does not suit

RUNNING SESSIONS

Track Running Session – Speed Work

Location:	John Oxley Reserve, Ogg Road, Murrumba Downs
Equipment Required:	Running Shoes
Cost:	\$4 club members, \$6 non club members
Details:	This is a track running session suitable for all abilities from beginner to elite runners. It works on speed and technique

Enquires:	Email our club Coach
Time/Day:	All year round, Monday Nights 5pm.

Speed / Hills Running Sessions

Location:	Tuesday 5am at Bullocky Rest (speed session) / Thursday 5am at Bullocky Rest (hill session). Thursday venue occasionally changes so contact coaching@redcliffetriclub.com to confirm venue. Tuesday 7.30pm at South Pine Community Church (cnr South Pine and Eatons Crossing Roads)
Equipment Required:	Running Shoes
Distance:	Tuesday morning is a speed session, Thursday is a hill session, Tuesday night is a 7 – 12km run at varying paces
Cost:	Free
Details:	This is suitable for all abilities from beginners to experienced runners.
Enquires:	Check the Striders website for details http://striders.com.au/sessions/
Time/Day:	All year round Tuesday & Thursday 5.00am – 6.00am / Tues night 7.30pm / Saturday 5.00am for long run

Trail Running Sessions – Long Run

Location:	Bullocky Rest – Meet at car park
Equipment Required:	Running Shoes
Cost:	Free
Enquires:	Email our club Coach
Time/Day:	Sunday 4pm. Check club website each week to confirm.

Road Running Sessions - Other

Location:	Various Locations around Redcliffe & Sandgate Check Moreton Bay Road Runners web site
Equipment Required:	Running Shoes
Distance:	7kms - 11kms
Cost:	Free
Enquires:	Check the Moreton Bay Road Runners website for details
Time/Day:	Summer & Winter Tuesday & Thursday Nights 6:30pm (Various Venues) Saturday & Sunday Morning 6am (Redcliffe Jetty)

CYCLING

Road Cycling Session – Weekly Long Ride

Location:	Coffee Club, North Lakes Shopping Centre
Equipment Required:	Bike, Helmet, Spare Tubes, (Running shoes to run after the ride optional)
Cost:	Free
Details:	Most weeks there are 4 groups that ride from North Lakes. Beginner group does 40km easy for those new into riding and are taught group riding skills and etiquette, moderate group 50 – 70km – there are 2 paces 1- slightly faster than beginner, 2 nd moderate group is quite fast,

	experienced group 70 - 90km. For those doing longer races ie Ironman, there are usually a few riders that extend out their long ride.
Enquires:	Email our club Juniors Coordinator or julesdillon@bigpond.com
Time/Day:	Every Saturday Summer & Winter 5:50am ready to start riding at 6am, approx 2 – 3.5hrs

Cycling Speed Session 35@35 (not for the feint hearted)

Location:	Leave Toyota's at North Lakes 5am sharp. 35km at an average 35 – 40kph
Equipment Required:	Bike, Helmet, Spare Tube
Cost:	Free
Details:	Please note this is a short, very fast session. The group waits for those with flat tyres but does not wait if you drop off the pace. It is an out and back course so you can re-join the group on the return journey. Front and rear lights are mandatory when dark.
Enquires:	Email Jules: julesdillon@bigpond.com
Time/Day:	Summer & Winter, Tuesday 5:00am. Not on if raining.

Cycling Road Speed Session + Run

Location:	Venue alternates between Nundah Criterium track, North Pine Water Treatment Plant and Newport Waters, Scarborough Check the club main website each week to confirm venue or club members will be emailed each week with the weekly venue.
Equipment Required:	Bike, Helmet, Running Shoes, water bottle
Cost:	\$3 juniors / \$4 adults
Details:	It is a road session that works on speed, skills and drills and short runs off the bike are also part of the session for those able to run. Suitable for both juniors and adults. If raining contact Mary 0409 002 082
Enquires:	Email our club Juniors Coordinator
Time/Day:	Summer & Winter, Wednesday 4.15 / 4.30pm – 5.45pm.

Cycling Hill Session– Alternating Hill repeat / Technique Session

Location:	Leave Toyota's at North Lakes 5.30am sharp – Venue may change so check the RTC website for weekly venue
Equipment Required:	Bike, Helmet, Spare Tube
Cost:	\$4 to coach
Details:	It is a technique +/- hill repeat session. Suitable for most riders with little to lots of experience. Speed doesn't matter and you will be taught technique whilst riding hills.
Enquires:	Email Jules: julesdillon@bigpond.com
Time/Day:	Summer & Winter, Thursday 5:30am. Not on if raining constantly

Cycling Weekly Solid Ride

Location:	Leave South Pine Community Church – Cnr Eatons Crossing Rd and South Pine Road 5am Sharp.
Equipment Required:	Bike, Helmet, Spare Tube
Cost:	Free

Details:	Not suitable for beginners approx 40 – 45km
Enquiries	Contact Pix. secretary@redcliffetriclub.com
Time / Day:	Wednesday's 5.00am. Usually not on if raining

Brick Session (Short Swim / Bike / Run)

Location:	Queens Beach or Suttons Beach, Redcliffe
Equipment Required:	Swimming cap and goggles, Running shoes, Bike, Helmet & Water bottle (This is where we practice open water swimming, cycling and/ or running in one session)
Cost:	\$4 club members, \$6 non club members
Enquires:	Email our club Coach
Time/Day:	Summer Months, Usually Sunday morning – 6am. Watch web site home page News for updates or members will be emailed each week with details.

Gym Session

Location:	Bray Park PCYC
Equipment Required:	Covered Shoes, towel and Water bottle
Cost:	\$8 tp PCYC + \$3 to coach
Enquires:	Email Dan- daniel.mctainsh@yahoo.com
Time/Day:	Year round – Tuesday evenings 7.30pm. Contact Dan Mct prior to attending

Core Strength / Boot Camp

Location:	Park opposite North Lakes Pool
Equipment Required:	Running Shoes, towel and Water bottle
Cost:	\$5 to coach
Enquires:	Email coaching- coaching@redcliffetriclub.com
Time/Day:	This is ONLY held in Winter on Tuesday and Thursday mornings. It is a good opportunity to build core strength in the off-season. Check website for weekly details

Walking Sessions for Everyone

Location:	All cycling / running sessions
Equipment Required:	Walking shoes. All people are welcome to walk while the training sessions are on. A great way for parents and non-training partners to meet other club members
Cost:	Free
Enquires:	Email juniors@redcliffetriclub.com
Time/Day:	All cycling and running sessions there are usually a group of mums / dads walking. Everyone is welcome to join in.

Junior Training Sessions (Click [here](#) for an explanation of training sessions for Juniors)

Summary	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30am – 6.45am Swimming	5:00am Speed Running Session	5.30am – 6.45am Swimming	5:00am Hills Running Session 5:30am Cycling Hill Session– Alternating Hill repeat / Technique Session	5.30am – 6.45am Swimming	6:00am Road Cycling Session – Weekly Long Ride	6:00am Brick Session (Short Swim / Bike / Run)
PM	5:00pm Track Running Session – Speed Work		4.15pm – 5.45pm Cycling Road Speed Session + Run			5.45pm	4pm Trail Running Session – Long Run

Swimming Sessions

Location:	North Lakes Pool, North Lakes
Equipment Required:	Swimming Gear; Swim Cap+ Goggles, (Kick Board + Pull Buoy recommended but not mandatory)
Cost:	\$7.20 per session – pay \$4.20 pool entry + \$3 to coach, 10 sessions cards available
Enquires:	swimming@redcliffetriclub.com or Phone Brett Jackson 0433-134-177
Time/Day:	Summer + Winter Mon, Wed + Fri 5.30am – 6.45am. All abilities welcome from beginners to experienced.

We encourage all our primary school juniors to be involved in a proper swim squad to learn the technique of all 4 strokes. This will make them a better, stronger swimmer. Secondary students have the option of swimming in the squad they are already in or doing these sessions. There are a number of good squads to choose from. Contact juniors@redcliffetriclub.com if you want more details.

Track Running Session ([Explanation](#))

Junior Monday Evening

Location:	John Oxley Reserve, Cnr Ogg Road & Dohles Rocks Rd, Murrumba Downs
Equipment Required:	Running Shoes and water bottle
Cost:	\$3
Enquires:	Email our club Juniors Coordinator
Time/Day:	All year round, Monday Nights 5pm

Speed / Hills Running Sessions

Location:	Tuesday 5am at Bullocky Rest (speed session) / Thursday 5am at Bullocky Rest (hill session). Thursday venue occasionally changes so contact coaching@redcliffetriclub.com to confirm venue.
Equipment Required:	Running Shoes
Distance:	Tuesday morning is a speed session, Thursday is a hill session
Cost:	Free

Details:	This is suitable for all abilities from beginners to experienced runners though aimed at high school and above
Enquires:	Check the Striders website for details http://striders.com.au/sessions/
Time/Day:	All year round Tuesday & Thursday 5.00am – 6.00am

Trail Running Session – Long Run

Location:	Bullocky Rest
Equipment Required:	Running Shoes
Cost:	Free
Enquires:	Email our club Juniors Coordinator
Time/Day:	Sunday 4pm. Check club website each week to confirm. It is an out and back course so all abilities are welcome.

Cycling / Running Session

Junior Wednesday Afternoon

Location:	Summer & Winter - Venue alternates between Nundah Criterium Track, North Pine Water Treatment Plant and Newport Waters. Check website weekly for venue or club members receive an email each Tuesday regarding venue.
Equipment Required:	Bike, helmet, running shoes, water bottle
Cost:	\$3
Enquires:	Email our club Juniors Coordinator
Time/Day:	Wednesday 4:15/4.30pm – 5.45pm

Cycling Hill Session– Alternating Hill repeat / Technique Session

Location:	Leave Toyota's at North Lakes 5.30am sharp – Venue may change so check the RTC website for weekly venue
Equipment Required:	Bike, Helmet, Spare Tube
Cost:	\$4 to coach
Details:	It is a technique +/- hill repeat session. Suitable for secondary age juniors. Speed doesn't matter and you will be taught technique whilst riding hills.
Enquires:	Email jules: julesdillon@bigpond.com
Time/Day:	Summer & Winter, Thursday 5:30am. Not on if raining constantly

Cycling Session

Junior Saturday Morning

Location:	Coffee Club, North Lakes Shopping Centre
Equipment Required:	Road Bike, Helmet, Spare Tube, water bottles
Cost:	Free but session mainly suitable for older juniors who have a road bike. To identify which juniors are able to come on this ride please talk to Mary

Time/Day:	Every Saturday 5:50am (Winter & Summer) Beginners ride 40km approx Intermediate Juniors ride 50 – 60km (2 paces)
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Brick Session ([Explanation](#))

Junior Sunday Morning

Location:	Queens Beach or Suttons Beach, Redcliffe
Equipment Required:	Running shoes, water bottle & Swimming Gear. Bike & helmet optional. (This is where we practice open water swimming, cycling and running in one session including transition skills)
Cost:	\$3
Enquires:	Email our club Juniors Coordinator
Time/Day:	Summer, watch for email updates, usually 6am Note: Check the News page for scheduled sessions.

Explanation of training sessions for Juniors (Return to [Junior training](#))

Monday Track ([Return to training](#))

This is a running session for all ages and abilities both juniors and seniors. No experience in running is needed and the session works on running skills and drills, with some work also on body strength, speed and fitness. The sessions are tailored individually to each child's abilities. Parents are welcome to watch the session or join in with either a walking group or running group that occurs at the same time. This session runs all year round, even when raining. It is important to bring a water bottle although there are taps available at the oval.

Wednesday Cycling / Running ([Return to training](#))

This is a cycling session (with some running) that works on developing cycling skills, speed and fitness. All sorts of bikes are welcome from road bikes to mountain bikes and BMX. They need to have working brakes, and a fitting helmet **must** be worn at all times whilst on the bike. These sessions will also teach safety and bike awareness and for the older juniors, racing skills. There will be some running in this session so bring your running shoes. Parents are welcome to train on the track at the same time or they can join other parents who walk / run at the same time. It is important to bring a water bottle as there isn't any drinking water available at one of the sites. This session runs all year round although we have one week off each school holidays. During the holidays it is best to check with Mary first (0409 002 082).

Brick sessions Saturday / Sunday ([Return to training](#))

This is a session that runs in summer that works on open water swimming skills, and skills involved in changing from swimming, to riding and running. This is held down the waterfront at either Queens Beach or Suttons Beach from 6am – 7.30am. All ages and abilities are welcome and the bike is optional in this session (for the younger athletes). Bring swimming togs, goggles, running shoes, towel and water bottle. (If bringing your bike then you also need your helmet). The dates for this vary depending on which races are being held so contact Mary on 0409 002 082 for details or watch the email updates. This session is called a "brick" as that is what your legs feel like when you try to run after you have been swimming and riding!