

Redcliffe Tri Club – Training Sessions

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 junior coach Mary Jackson is a Level One accredited triathlon coach. Her experience is with juniors and beginner athletes.

Our club 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).

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

Senior Training Sessions

Swimming Sessions

Location:	Scarborough State School Pool, Eversleigh Rd, Scarborough
Equipment Required:	Swimming Gear; Swim Cap + Goggles, (Kick Board + Pull Buoy recommended but not mandatory)
Cost:	\$6.00 per session inc pool entry, 10 sessions cards available
Enquires:	Phone Brett Jackson 0433-134-177
Time/Day:	Summer Months: Beginners to experienced welcome Tuesday + Thursday 6:45pm - 7:45pm Saturday 3:00pm - 4:30pm

Swimming Sessions

Location:	North Lakes Pool, North Lakes
Equipment Required:	Swimming Gear; Swim Cap+ Goggles, (Kick Board + Pull Buoy recommended but not mandatory)
Cost:	\$6.00 per session – pay \$3 pool entry + \$3 to coach, 10 sessions cards available
Enquires:	Phone Brett Jackson 0433-134-177
Time/Day:	Summer + Winter Wed + Fri 5.30am – 6.45am. All abilities welcome from beginners to experienced.

Track Running Sessions

Location:	John Oxley Reserve, Ogg Road, Murrumba Downs
Equipment Required:	Running Shoes
Cost:	\$4 club members, \$6 non club members
Enquires:	Email our club Coach (coaching@redcliffetriclub.com)
Time/Day:	All year round, Monday Nights 5pm

Redcliffe Tri Club – Training Sessions

Trail Running Sessions – Long Run

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

Road Running Sessions

Location:	Various Locations around Redcliffe & Sandgate Check Moreton Bay Road Runners web site (www.mbrn.net.au)
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)

Location:	Tuesday 5am at Bullocky Rest (speed session) / Thursday 5am at Bullocky Rest (hill session). Thursday venue occasionally changes so contact juniors@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 short / sharp hill session, Tuesday night is a 7 – 12km run at varying paces
Cost:	Free
Enquires:	Check the Striders website for details http://striders.com.au/sessions/
Time/Day:	All year round Tuesday & Thursday 5.00am / Tues night 7.30pm / Saturday 5.00am

Cycling Wind Trainer Sessions

Location:	Kallangur. Email our club Coach for exact location details (coaching@redcliffetriclub.com)
Equipment Required:	Bike, Windtrainer, Running Shoes (A limited number of windtrainers are provided if you don't have your own)
Cost:	\$4 club members, \$6 non club members
Enquires:	Email our club Coach (coaching@redcliffetriclub.com)
Time/Day:	Thursday nights, 6pm

Redcliffe Tri Club – Training Sessions

Road Cycling Session – 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
Enquires:	Email our club Juniors Coordinator (juniors@redcliffetriclub.com) or Secretary (treasurer@redcliffetriclub.com)
Time/Day:	Every Saturday Summer & Winter 5:50am ready to start riding at 6am, approx 2 – 2.5hrs Most weeks there are 4 groups that ride from North Lakes. Beginner group does 40km easy for those new into riding, moderate group 50 – 60km – there are 2 paces 1- slightly faster than beginner, 2 nd moderate group is quite fast, experienced group 65 - 90km.

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

Location:	Leave Toyota's at North Lakes 5am sharp
Equipment Required:	Bike, Helmet, Spare Tube
Cost:	Free
Enquires:	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 n back course so you can re-join the group on the return journey. Front and rear lights are mandatory when dark. Email Julieanne: treasurer@redcliffetriclub.com
Time/Day:	Summer & Winter, Tuesday 5:00am.

Cycling Road Speed Session

Location:	Venue alternates between Nundah Criterium track, North Pine Water Treatment Plant and Newport Waters, Scarborough Check the club 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
Enquires:	Email our club Juniors Coordinator (juniors@redcliffetriclub.com)
Time/Day:	Summer & Winter, Wednesday 4.15 / 4.30pm – 5.45pm. It is a road session that works on speed, skills and drills. For both juniors and adults

Cycling Hill Session – Daz's dirty dozen – Bike hill repeat session

Location:	Leave Toyota's at North Lakes 5am sharp – 8-12 hill repeats of Mango Hill (build up each week)
Equipment Required:	Bike, Helmet, Spare Tube
Cost:	Free
Enquires:	It is a hill repeat session on Mango Hill. Suitable for most riders with some experience. Speed doesn't matter. Email Julieanne: treasurer@redcliffetriclub.com
Time/Day:	Summer & Winter, Thursday 5:00am.

Redcliffe Tri Club – Training Sessions

Brick Session

Location:	Queens Beach or Suttons Beach, Redcliffe
Equipment Required:	Depends on Session planned Usually 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 (coaching@redcliffetriclub.com)
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.

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 (See explanation below of training sessions for Juniors)

Swimming Sessions

Location:	Scarborough State School Pool, Eversleigh Rd, Scarborough
Equipment Required:	Swimming Gear; Swim Cap + Goggles, (Kick Board + Pull Buoy recommended but not mandatory)
Cost:	\$6.00 per session inc pool entry, 10 sessions cards available
Enquires:	Phone Brett Jackson 0433-134-177
Time/Day:	Summer Months: Beginners to experienced welcome Tuesday + Thursday 6:45pm - 7:45pm Saturday 3:00pm - 4:30pm

Swimming Sessions

Location:	North Lakes Pool, North Lakes
Equipment Required:	Swimming Gear; Swim Cap+ Goggles, (Kick Board + Pull Buoy recommended but not mandatory)
Cost:	\$6.00 per session – pay \$3 pool entry + \$3 to coach, 10 sessions cards available
Enquires:	Phone Brett Jackson 0433-134-177
Time/Day:	Summer + Winter 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.

Redcliffe Tri Club – Training Sessions

Track Running Session

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 (juniors@redcliffetriclub.com)
Time/Day:	All year round, Monday Nights 5pm

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 (juniors@redcliffetriclub.com)
Time/Day:	Wednesday 4:15/4.30pm – 5.45pm

Windtrainer Session

Location:	Kallangur. Email our club Coach for exact location details (coaching@redcliffetriclub.com)
Equipment Required:	Bike, Windtrainer, Running Shoes. Only road bikes fit on these windtrainers (A limited number of windtrainers are provided if you don't have your own)
Cost:	\$4 club members, \$6 non club members
Enquires:	Email our club Coach (coaching@redcliffetriclub.com)
Time/Day:	Thursday nights, 6pm

Redcliffe Tri Club – Training Sessions

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 for older juniors who have a road bike. To identify which juniors are able to come on this ride please talk to Mary
Enquires:	Email our club Juniors Coordinator (juniors@redcliffetriclub.com)
Time/Day:	Every Saturday 5:50am (Winter & Summer) Beginners ride 40km approx Intermediate Juniors ride 50 – 60km (2 paces) Experienced senior Juniors ride 65 -80km

Brick Session

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 (juniors@redcliffetriclub.com)
Time/Day:	Summer, watch for email updates, usually 6am Note: Check the club web site News page for scheduled sessions (http://redcliffetriclub.com/)

Explanation of training sessions for Juniors

Monday Track

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 except for some weeks over the Christmas holidays. It is important to bring a water bottle although there are taps available at the oval.

Wednesday Cycling / Running

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 some 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).

Thursday Windtraining

This is a cycling session for Juniors and adults who have road bikes and windtrainers (a small number are available to be borrowed for the session) which is coached by the club coach GB. This is held at Kallangur.

Redcliffe Tri Club – Training Sessions

Brick sessions Saturday / Sunday

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. Bring swimming gear, 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!