

# Jan-12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Bullocky 4pm No Jnr Run	<b>2</b> Tucks super set Public Holiday 9am Adult swim  5pm Track No track juniors	<b>3</b> 5am Jnr Ride 5am 35@35 / 35@40 5am Running speed  4.30pm Core / Swim 5pm Jnr 6pm adult swim	<b>4</b> 5.30am Swim Nth Lakes  Jnr 5pm Run 6pm Adult Run speed	<b>5</b> 5.30am swim jnr 5am Hill Running  4.30pm Nundah crit track 5pm Adult crit track	<b>6</b> 5.30am Jnr swim NL 5.30am Swim Nth Lakes	<b>7</b> 6am CC Ride long flats Jnr Hills  3pm Beginners session
<b>8</b> Brick Sutton 6am Jnr Brick Sutton 6am adults  4pm Trail Run	<b>9</b> 5.30am Swim Nth Lakes  5pm Track adults 4.45 Track juniors	<b>10</b> 5am Jnr Ride 5am 35@35 / 35@40 5am Running Speed  4.30pm Core / Swim 5pm Jnr 6pm Adult swim	<b>11</b> 5.30am Swim Nth Lakes  5pm Jnr Run 6pm Adult Run speed	<b>12</b> 5.30am swim jnr 5am Hill Running  4.30pm Nundah crit track 5 pm Nundah crit track	<b>13</b> 5.30am Jnr swim 5.30am Swim Nth Lakes	<b>14</b> 6am CC Ride, short flats Jnr Flats  3pm Beginners session
<b>15</b> USM Race 4 Sprint  4pm Trail Run	<b>16</b> 5.30am Swim Nth Lakes  5pm Track adults 4.45pm Track juniors	<b>17</b> 5am Jnr Ride 5am 35@35 / 35@40 5am Running speed  4.30pm Core / Swim 5pm Jnr 6pm adult swim	<b>18</b> 5.30am Swim Nth Lakes  5pm Jnr Run 6pm Adult Run speed TT	<b>19</b> 5.30am swim jnr 5am Hill Running  4.30pm Nundah crit track 5pm Adult crit track	<b>20</b> 5.30am Jnr swim 5.30am Swim Nth Lakes	<b>21</b> 6am CC Ride mod hills Jnr Hills  3pm Beginners session
<b>22</b> Brick adults 6am Jnr OWS/ Run 6am 100km TT Lakeside Ride 6-8am  4pm Trail Run	<b>23</b> 5.30am Swim Nth Lakes  5pm Track adults 4.45pm Track juniors	<b>24</b> 5am Jnr Ride 5am 35@35 / 35@40 5am Running speed  4.30pm Core / Swim 5pm Jnr 6pm Adult swim	<b>25</b> 5.30am Swim Nth Lakes  5pm Jnr Run 6pm Adult Run speed	<b>26</b> Public Holiday Super Brick 5.30am Sultons OWS + Run -7am Jnrs  4.30pm Nundah crit track No adult Crit track	<b>27</b> 5.30am Jnr swim 5.30am Swim Nth Lakes	<b>28</b> 6am CC Ride big hills Jnr Flats  No beginner session today
<b>29</b> Jnr Brick Sutons 6am Beginners Brick session 6am  4pm Trail Run	<b>30</b> 5.30am Swim Nth Lakes  5pm Track adults 4.45pm Track juniors	<b>31</b> 5am Jnr Ride 5am 35@35 / 35@40 5am Running speed  4.30pm Core / Swim 5pm Jnr 6pm adult swim				
Goondoowindi 2/80/20					<b>Notes:</b>	

# Feb-12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5.30am Swim NL	2 5.30am Jnr Swim NL 5am Hill Running	3 5.30am swim NL TT 5.30am swim Jnr	4 Ride flats Jnr 6am CC Ride long flats
			5pm Jnr Run 6pm Adult Run speed	4.30pm Nundah crit track 5pm Adult crit track		Beginners Session 3pm
5 Gatorade Caloundra Hell of the West TQ Camp	6 5.30am Swim NL	7 5am Jnr Ride 5am 35@35 / 35@40 5am Run speed Bullocky	8 5.30am Swim NL	9 5.30am Jnr Swim NL 5am Hill Running	10 5.30am swim NL 5.30am swim Jnr	11 Tucks away Jnr Brick session 6am CC Ride short flats
4pm Trail Run	4.45pm Track Jnrs 5pm Track Adults	4.30pm Jnr Core/Swim 6pm Adult swim	5pm Jnr Run 6pm Adult Run speed	4.30pm Nundah crit track 5pm Adult crit track		Bribie Beginners Race Dusk till Dawn Caboolture
12 Bribie 2 - 1/30/8 & 300/10/3 Jnrs Racing short	13 5.30am Swim NL	14 5am Jnr Ride 5am 35@35 / 35@40 5am Run speed Bullocky	15 5.30am Swim NL	16 5.30am Jnr Swim NL 5am Hill Running	17 5.30am swim NL 5.30am swim Jnr	18 6am CC Ride mod hills Jnrs Flats
4pm Trail Run	4.45pm Track Jnrs 5pm Track Adults	4.30pm Jnr Core/Swim 6pm Adult swim	5pm Jnr Run 6pm Adult Run speed TT	4.30pm Nundah crit track 5pm Adult crit track		Beginners Session 3pm
19 Jnr Off Kingscliff 1/30/8 Mooloolaba OWS + Run	20 5.30am Swim NL	21 5am Jnr Ride 5am 35@35 / 35@40 5am Run speed Bullocky	22 5.30am Swim NL	23 Jnr States 5am Hill Running	24 Jnr States Indiv 5.30am swim NL	25 Jnr States Relay 6am CC Ride mod hills
4pm Trail Run	4.45pm Track Jnrs 5pm Track Adults	4.30pm Jnr Core/Swim 6pm Adult swim	5pm Jnr Run 6pm Adult Run speed	5pm Adult crit track		10km run TT 5pm Striders
26 Gatorade Raby Bay Adult brick session 6am O'Reilly's long run 10/20/26km Lakeside Bike Ride 6-8am	27 5.30am Swim NL	28 5am Jnr Ride 5am 35@35 / 35@40 5am Run speed Bullocky	29 5.30am Swim NL			
4pm Trail Run	4.45pm Track Jnrs 5pm Track Adults	4.30pm Jnr Core/Swim 6pm Adult swim	5pm Jnr Run 6pm Adult Run speed			
					Notes:	