

# Official Training Schedule

November 2022

	Swim	Bike	Run
Monday	<p>Location: Southport Pool Start Time: 5:30am Length: 1hr Coach: Tracey Narain Cost: \$12 + pool entry</p>		
Tuesday	<p>Some members swim at Pizzey Park at night. This session is not coached. Reach out on Facebook or messenger to see who is going.</p>		<p>Location: Pizzey Park, 24 Pizzey Drive, Mermaid Waters Start Time: 5:00am Length: 1.5HRS <b>Speed Session</b> Coach: Nigel Hyland</p>
Wednesday	<p>Location: Southport Pool Start Time: 5:30am Length: 1hr Coach: Tracey Narain Cost: \$12 + pool entry</p>	<p>Start/End: North Burleigh Surf Club Start Time: 5:00am Length: 1-1.5HRS Coach: Coby Van den Ende</p>	<p>Location: Kurrawa Surf Club Start Time: 5:00am Length: 30-90min <b>Wednesday Waddle</b> Coach: Not coached</p>
Thursday	<p>Some members swim at Pizzey Park at night. This session is not coached. Reach out on Facebook or messenger to see who is going.</p>		<p>Location: Tallebudgera Creek Park, south of bridge Start Time: 5:00am Length: 1.5HRS <b>Hill Session</b> Coach: Nigel Hyland <b>Optional Choice: Flat road run/50min</b></p>
Friday	<p>Location: Southport Pool Start Time: 5:30am Length: 1hr Coach: Tracey Narain Cost: \$12 + pool entry</p>		
Saturday		<p>Start/End: North Burleigh Surf Club Start Time: 5:00am Length: 2-2.5HRS <b>Long Ride</b> Coach: Coby Van den Ende</p>	<p>Location: Albert Park, Broadbeach Waters Parkrun Start Time: 7:00am Length: 30min <b>5km Time Trial</b> Coach: Nigel Hyland</p>
Sunday			<p>Start/End: Kurrawa Surf Club Start Time: 5:00am Length: 10, 15, 20, 25 or 30km <b>Long Run</b> Coach: Nigel Hyland</p>