

April Training Timetable 2015

Recovery & Transition Phase



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday—FUN DAY!
April 6	7	8	9	10	11	12
EAST ER MONDAY PUBLIC HOLIDAY NO COACHED SESSIONS	6.00am Swim, MSAC 6.30pm Run, Strength & Fitness	6.00am Swim, MENTONE 7.00pm Swim, St Michaels	Morning Off INTRODUCTION TO GOAL SETTING RSVP & Details: www.facebook.com/TriAllianceVictoria/events	Day Off	TOUR DE LATTE RIDE! STAGE 1 Meet Café Racer, Latte @ Café Racer post ride. 7.20am GUYS ONLY Ride. 7.30am GIRLS ONLY Ride. Distance: Mordialloc Return 45k Easy	BUBBLE SOCCER <u>Please pay now via the TriShop so we can secure the booking</u> RSVP: www.facebook.com/TriAllianceVictoria/events
13	14	15	16	17	18	19
Morning Off 7.00pm Swim, St Michaels 7.00pm Swim, MSAC	6.00am Swim, MSAC 6.30pm Run, Strength & Fitness	6.00am Swim, MENTONE 7.00pm Swim, St Michaels	Morning Off ADVANCED GOAL SETTING RSVP & Details: www.facebook.com/TriAllianceVictoria/events	Day Off	TOUR DE LATTE RIDE! STAGE 2 - Port Melb > Rickets Point / Mordialloc Meet: West Beach Bathers Pavilion, 330A Beaconsfield Parade, St Kilda Time: 8.00am roll out Distances: 40km Rickets Point, 55km Mordialloc Latte: Ricketts Point Beachside Café	1000 STEPS & YOGA—FERNTREE GULLY Time: 7.45am for a 8.00am start Meet: Carpark off Mount Dandenong Tourist Route. (via Burwood Hwy) Yoga and breakfast nibbles at Karen's after the steps. RSVP: www.facebook.com/TriAllianceVictoria/events
20	21	22	23	25	26	
Morning Off 7.00pm Swim, St Michaels 7.00pm Swim, MSAC	6.00am Swim, MSAC	6.00am Swim, MENTONE 6.30pm Swim, MSAC 7.00pm Swim, St Michaels	Morning Off 6.30pm Run, Strength & Fitness.	Day Off	TOUR DE LATTE RIDE! STAGE 3 - Elwood > Port Melb > Mordi Meet: Elwood Lifesaving Club Time: 8.00am roll out Distances: 55km Mordialloc Latte: Doyles Deck & Bistro, Mordialloc	MOUNTAIN BIKING—LYSTERFIELD! Time: 8.30am for a 8.45am start Lysterfield Park Meet: Trail Mix Bike shop & café. If you do not have mountain bike you can hire one! More info & RSVP: www.facebook.com/TriAllianceVictoria/events
27	28	29	30	2	3	
Morning Off 7.00pm Swim, St Michaels 7.00pm Swim, MSAC	6.00am Swim, MSAC	6.00am Swim, MENTONE 6.00am Swim, MSAC (Advanced) 7.30pm Swim, MSAC 7.00pm Swim, St Michaels	Morning Off 6.30pm Run, Strength & Fitness.	Day Off	TOUR DE LATTE RIDE! STAGE 4 - Elwood > Port Melb > Mordi Meet: ELSC Time: 8.00am roll out Dist: 50km Mordi OR 65km Carrum Latte: Coffee Kiss Carrum OR Mordialloc	ROCK CLIMBING <u>Please pay now via the TriShop so we can secure the booking</u> RSVP: www.facebook.com/TriAllianceVictoria/events