




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
 <b>6am</b> Sorrento Surf Club <b>Long Run</b> <i>Will be changing to 6.30am as of March</i> FREE		 <b>5.20 - 7.00am</b> Sorrento Surf Club <b>*Brick Session</b> <i>Wind Trainer required</i> FREE   <b>5.45 - 7.00am</b> Celebrations Whitfords City <b>Cycle</b> <i>Catering for all paces</i> FREE  <i>*Brick will be a Thurs session 21 &amp; 28 February and then switch to Tues on 5 March for the lead up to Busso.</i>		 <b>5.45 - 7.00am</b> Celebrations Whitfords City <b>Cycle</b> <i>Catering for all paces</i> FREE	 <b>5.45 - 7.00am</b> Sorrento Surf Club <b>Open Water Swim</b> <i>Coached session, catering for all paces</i> FREE	 <b>6.00 - 9.00am</b> <i>*Sorrento Surf Club</i> <b>Long Cycle</b> <i>Catering for all paces</i> FREE   <b>6.30 - 9.00am</b> Sorrento Surf Club <b>Novice/Junior Cycle</b> <i>Catering for 25km/h</i> FREE  <i>*Check Calendar on Website or FaceBook</i>
PM						
	 <b>6.30 - 7.30pm</b> Joondalup Arena 25m <b>Junior Swim Squad</b> <i>During school term only.</i> \$10 (not inc pool entry)   <b>7.00 - 8.00pm</b> Craigie 50m Pool <b>Swim Squad</b> <i>Technique focused.</i> \$10 (not inc pool entry)	 <b>6.00 - 7.00am</b> Flinders Park 137 Broadbeach Ave Hillarys <b>Tempo Set</b> <i>Develop your anaerobic or lactate threshold. Longer paced efforts.</i> \$5	 <b>6.30 - 7.30pm</b> Craigie Pool 50m Pool <b>Swim Squad</b> <i>Pace awareness and building speed and endurance.</i> \$10 (not inc pool entry)	 <b>6.00 - 7.00am</b> Flinders Park 137 Broadbeach Ave Hillarys <b>Interval Set</b> <i>Designed not to be sprint efforts but to combine speed and endurance.</i> \$5		