

MASTERS TRAINING OPPORTUNITIES 2011/12

Please just turn up, make contact with someone who looks like they are trying to do just what you are & have a go to the best of your ability. That is how everybody else got started.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SKI PADDLE: 5.30am on the water till 6.30am. Taken by Mandy Lee. Interval training aimed at competition eventually. Possible short run & swim afterwards if you have time. Contact Jenny Orme.	SKI PADDLE: 6.00am on the water till 7.00am. Coffee at Dome afterwards. General endurance, waves if they are on. Contact Dale Gratton, Martin Kane or Kim Allen.	SKI PADDLE: 5.30am on the water till 6.30am. Taken by Mandy Lee. Interval training aimed at competition eventually. Possible short run & swim afterwards if you have time. Contact Jenny Orme.	SKI PADDLE: 6.00am on the water till 7.00am. Coffee at Dome afterwards. General endurance, waves if they are on. Contact Dale Gratton, Richard Orme, Martin Kane or Kim Allen.	SWIM: 5.30am Craigie leisure Centre, outside 50m pool. In the water at 5.30am, out by 6.30am. Swim at own pace excellent for developing swimmers. Contact Jenny Orme.	COFFEE PADDLE: 7.00am on the water for paddle to Hillarys. Coffee & nonsense chatter at the Beach Shack. \$7.50 for coffee/tea & some toast. If you can't paddle that far, run or ride down & back. Contact Jordan or Jenny Orme.	SPRINT TRAINING: 7.30am on the beach. Contact Aaron Brinkworth.
SKI PADDLE: 6.00am on the water till 7.00am. Coffee at Dome afterwards. General endurance, waves if they are on. Contact Dale Gratton, Richard Orme, Martin Kane or Kim Allen.	FUN TRIATHLON TRAINING: 5.00pm, Nov. on 5.30pm at ski shed with bike, bathers, runners. Contact Jordan.	SKI PADDLE: 6.00am on the water till 7.00am. Coffee at Dome afterwards. General endurance, waves if they are on. Contact Dale Gratton, Richard Orme, Martin Kane or Kim Allen.	STRETCH CLASS: 6.30pm in Club Lounge. Contact Jordan.	SKI PADDLE: 6.00am on the water till 7.00am. Coffee at Dome afterwards. General endurance, waves if they are on. Contact Dale Gratton, Richard Orme, Martin Kane or Kim Allen.		CLUB DAY: 9.00am on the beach slightly south of the clubhouse. Club swim & any other events that you would like to have a go at. All in good humour. Or if all you can manage is the swim, then wander up to the Beach Kiosk for a coffee & a chat.
SWIM: 7.00pm Arena Joondalup till 8.00pm. See Seniors Training Calendar. Contact: Paul Bennett.	SKI PADDLE: 5.30pm on the water. See Seniors Training Calendar.	SPRINT TRAINING: 5.00-6.15pm at St Marks Oval.	SKI PADDLE: 5.30pm on the water till 6.30pm. Taken by Mandy Lee and Jeff Vidler.	FUN TRIATHLON TRAINING: 5.00pm Nov. on 5.30pm at ski shed with bike, bathers, runners. Contact Jordan. Maybe a drink upstairs afterwards.		
SPRINT TRAINING: 5.00-6.15pm at St Marks Oval.						

Please note: While there seems to be a lot of ski paddling listed, you don't have to paddle to join in. You could run whilst others paddle, then join for the swim at the end.

Dates for good fitness/participation/fun to train and get fit for:

Sat 22 October – Sorrento Challenge

Sun 30 October – Classic Paddle (RLSWA)

Sun 6 November – Anaconda Adventure Race

Weekend 19-20 November – Club 50th Celebrations

Sat 19 November – Mullaconda

Sun 27 November – Bay 2 Beach Paddle (Canoeing WA)

Sun 4 December – Ironwoman WA Busselton (Triathlon WA)

Sun 18 December – Ted Scott Marathon (Mullaloo SLSC)

Sat 24 December – Christmas Paddle (Mullaloo SLSC)

Sat 21 January – Sorrento Lifesaving Carnival

Sat 4 February – Cottesloe to Swanbourne Swim

(Swanbourne SLSC)

Sat 18 February – State Master's Surf Boats (Fremantle SLSC)

Sun 19 February – State Master's Champs (Fremantle SLSC)

26-27 March – Australian Master's Champs (Kurrawa)