

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 am								
6am		Run Squad – Coached- \$5 Andrew Rowlings Fitzroy Park - Next to pool			Woolgoolga Bike Squad - Coached - \$5 Phil Benoit Finish time: 7.15am Start : Beach St. Woolgoolga, Car parks btwn Carrington St and Queen St. Phil Benoit 0418635153 pbtricoaching@bigpond.com	Bob Wallis – Ladies Ride – Informal. 5.30 – 7am Fast & 6am – 7am. Slower. Meet outside Artisti.Cafe Barry - 0407918227		
6:30 am								
6:45am								
7am						Cycle to Sawtell - Informal - Meet in the mall - Harbour drive Open Water Swim –Judys’ -Jetty - Informal- Yacht Club Carpark	Swim Squad - Coached - \$8 - Coffs Harbour War Memorial Olympic Pool	
8 am						Open Water Swim Jetty - Informal- Northern corner of the Jetty beach for a swim across the harbour (1.5km return).	Coffs Harbour Running Group - Coffs Creek -Informal - meet Carpark adjacent to Fitzroy Oval & Pool	Open Water Swim Jetty - Informal- Northern corner of the Jetty beach for a swim across the harbour (1.5k m return).
6 -7 pm		Swim Squad - Coached - \$8 Coffs Harbour War Memorial Olympic Pool	Swim Squad – Speed session – \$8 Coached Coffs Harbour War Memorial Olympic Pool	Swim Squad - Coached –\$8 Coffs Harbour War Memorial Olympic Pool	Friday Night Games (daylight savings) – Informal - Run 2.5Km , Swim around Jetty , Run 2.5km Picnic tables near Yacht club western carpark			