

EAST END TRAINING

WEEK DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		5.45 swimming at aquatic centre (cost to get in)			5.45 swimming at aquatic centre (cost to get in)		
DURATION		1 hour			1 hour		

WEEK DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM	4.45 (surf skills) 5.15 (board and ski)	5.00 (fitness and sprints)	4.45 (surf skills) 5.15 (board and ski)	5.00 (sprints) 6.30 (boot camp at rampage fitness)	4.45 (surf skills) 5.15 (board and ski)		
SESSION TYPE	Long paddle	Hard / intervals	Starts / finishes / teq / skills	Skills and teq	Races and a bbq to finish		
DURATION	1 – 1.5 hours	1 – 1.5 hours	1 – 1.5 hours	1 – 1.5 hours	1 – 1.5 hours		

NOTE – the weekends have been left open at this stage due to carnivals coming up and to have a rest day. There will also be mid morning sessions coming up in 3 weeks time after exams have finished etc, so keep an eye out for the notice board at the club for any new updates