










Lakers – Summer Training Program



DAY	DISCIPLINE	FORMAT	WHEN	WHERE	DISTANCE	COST	DETAILS
MON AM	 swim	Open Water	6:30am	Henley Jetty	1km – 4km	Free	Begins the first Monday in November (1st November) Grant Fergusson will lead this. November – April. NOT DURING WINTER.
MON PM	 swim	Open Water	6-7pm	Tiranna Way (beach area), West Lakes	200m - 4km	Free	Practice open water swimming with fellow Lakers. Verity Edwards leading this group at 6:00pm sharp. NOT DURING WINTER.
TUES AM	 bike	Hills: Group 1	5:35am All year	In front of the Royal Adelaide Hospital - North Terrace	60km	Free	Ride goes up Norwood Parade to the top of Norton Summit across to Marble Hill and down Montacute Rd, finishing in the city for a coffee. The group regroups at 3 points along the ride. This ride is suitable for group 1 level rider.
		Hills: Group 2	5.25am	In front of the Royal Adelaide Hospital - North Terrace	60km	Free	Ride goes up Norwood Parade to the top of Norton Summit across to Marble Hill and down Montacute Rd, finishing in the city for a coffee. The group regroups at 3 points along the ride. This ride is suitable for group 2 level rider.
TUES PM	 run	Group	6-7pm	Meet in the carpark at the Torrens Weir, War Memorial Drive	2km-15km	\$2	Offers plenty of runs up and around Montifiore Hill, around the golf course and Torrens to keep you entertained. If you have a heart rate monitor please bring it to the session.
WED AM	 swim	Squad	5:30-7:30am	Thebarton Aquatic Centre	500m-5km	\$7 per session or \$50 per month (include Wed&Fri)	Session (1) 5:30am - 6:30am. Session (2) 6:30am - 7:30am. All abilities welcome
THURS AM	 bike	Flat Time Trial	5:50-7:00am	Meet at 'The Coffee Club', Henley Beach	50km (approx)	Free	Time Trial session the caters for all abilities, where we split into small groups based on ability. Finishing back for coffee at Club Sponsor "Cibo Henley".
THURS PM	 run	Intervals	6-7pm	Henley Athletics Club, Raymond Tce, Henley Beach	2km - 15km	\$2 or \$25 for 6 months	Interval training on a running track. Caters to all ability levels
FRI AM	 swim	Squad	5:30-7:30am	Thebarton Aquatic Centre	500m - 5km	\$7 per session or \$50 per month (includes Wed & Fri)	Session (1) 5:30am - 6:30am Session (2) 6:30am - 7:30am All abilities welcome
SAT AM	 bike	Group – Hills/Undulating	7:15am All year round	Meet at 'The Coffee Club', Henley Beach	30km - 150km	Free	Three groups rides of different distances catering for all abilities. Come along and meet fellow athletes with a common interest and get some quality training in as a bonus. Details in Blue Train Weekly each week. http://www.lakers.com.au/images/Coming-for-a-ride-lakers2014.pdf