









Lakers – Winter Training Program



DAY	DISCIPLINE	FORMAT	WHEN	WHERE	DISTANCE	COST	DETAILS
TUES AM		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		Group	6-7pm All year	Meet Torrens Weir car park off War Memorial Drive (west of Morphett Rd)	4km-15km	\$2	Offers plenty of runs up and around Montifiore Hill, the golf course and Torrens to keep you entertained. If you have a heart rate monitor please bring it to the session.
WED AM		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
THURS AM		Hills	6.45am	Eagle on the hill	Various	Free	Meeting point at 6.45am at Eagle on the Hill. Riders choose how to get to EOH then ride back to town for coffee as a group.
THURS PM		Group	6-7pm April to September	Meet at corner of Frome road and war Memorial drive, to run around Uni loop	5-12km	Free	A mixed run around the marked uni loop circuit. Through the season the session become more speed focused . Matt Fisher and Cam Maher lead this group.
FRI AM		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
SAT AM		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
SUN AM		Hills	8 for 8.15 May-September	Various locations around city (see Winter Run Program document)	60-180 minutes	Free	A, B and C group runs of varying distances in the Adelaide hills and city (Morialta, Waterfall Gully, Belair, North Adelaide). Go as long or hard as you wish. Brenton Johnston leads this run.