

# Stadium Triathlon Club – Training Program

February 2010 (Click [HERE](#) for map of Venues)

Date	Time	Session	Coach	Cost		Venue
				Member	Non -Member	
Monday	7.00 am	Squad Swim	Rob	\$10	\$15	Challenge Pool
	6.00pm	Core / Stretch	Rob / Emma	\$5	\$10	Yoga Room Next to Challenge Pool
	7.00 pm	Squad Swim	Rob / Mike	\$5	\$10	Challenge Pool
Tuesday	6 am	Cycle (Hills and Intervals)	Rob	HIM Program		Challenge Circle <b>No Session Feb 23</b>
	12.00 pm	Lunch Swim	Rob	\$10	\$15	Challenge Pool
	5.30 pm	Run (LSD)	Emma / Rob	Nil: Members Only		Matilda Bay
Wednesday	6 am	Run (Hills / Farlek)	Rob	Nil: Members Only		Perry Lakes
	7.00 pm	Squad Swim	Rob / Emma	\$5	\$10	Challenge Pool
Thursday	6 am	Group Cycle	Various	Nil: Members Only		Challenge Circle
	12.00 pm	Lunch Swim	Rob	\$10	\$15	Challenge Pool
	5.30 pm	Run (Intervals)	Shaun / Rob	\$5	\$10	Feb 4: Zamia Café, Kings Park Feb 11: Alderbury Reserve, Perry Lakes Feb 18: Tuart Carpark, Reabold Hill <b>No Session Feb 25</b>
				& HIM Program		

Friday	7.00 am	Squad Swim	Rob	\$10	\$15	Challenge Pool <b>No Session Feb 5</b>
Saturday	6.30 am	STC Brick	Mike	\$5	\$10	City Beach <b>No Session Feb 6 (KVT)</b> <b>No Session Feb 27 (Long Weekend)</b>
	8.30 am	Open Water Swim	Mark	\$5	\$10	City Beach <b>Feb 13 Only</b>
	3.45pm	Squad Swim	Mark	\$10	\$15	Challenge Pool <b>Feb 20 only</b>
Sunday	6.30 am	STC Group Cycle (Hills)	Various	Nil: Members Only		<b>No Session Feb 7 or 28</b>
	7.00am	STC Group Cycle (River)	Various	Nil: Members Only		<b>No Session Feb 7 or 28</b>

### Novice Course

This is a 12-week course (January 16 to April 10) aimed at improving your overall ability to compete in Triathlon. Some of you may simply need to improve your fitness while others may be looking to hone some specific triathlon skills. The aim of this course is for beginner or novice athletes, therefore there is no set minimum fitness level for participation. All sessions will be in a controlled environment, which means that you can go at your own pace and will never be too far from "base".

The course generally consists of up to 4 sessions per week. Session options for the current course are Swims (Tue, Thur or Fri 7pm), Cycles (Mon, Wed or Fri at 6am), Runs (Mon or Thur at 5.30pm) Brick (combinations of cycling and running, Sat at 6.30 or 8.00am) only if you are interested in participating in the next course to be run later this year, please contact Rob on 0419 107 932 or [robsuriano@westnet.com.au](mailto:robsuriano@westnet.com.au)

### Half Ironman Program

This is a 16-week program commencing on Monday January 11 in preparation for the Half Ironman (HIM) in May.

To join the HIM Training Program you must be a member of STC as some of the sessions include the STC members only sessions that are currently running.

Some training sessions that are offered as part of this program will be concurrent with regular STC sessions, however there are a number of specific HIM sessions. Note that not every session will run every week and is dependant on the training phase.

Contact Rob for more information

## **Session Description**

### **STC Swim Squads**

Triathletes and swimmers of all abilities. We generally have 4-6 lanes with squad size ranging from 20 to 40 swimmers.

Venue: Challenge Stadium 8 lane pool  
Time: Mon and Wed 7pm. Sat 3.45pm (various weeks)  
Cost: \$5 STC Members / \$10 Non Members  
Coach: Rob, Shuan, Mike, Mark, Emma

The following squads are generally smaller typically having 2 lanes with squad size ranging from 5 to 15 swimmers.

Venue: Challenge Stadium (generally indoors; check white board on entering pool area)  
Time: Mon 7am, Fri 7am and Fri 7pm.  
Cost: \$10 STC Members / \$15 Non Members  
Coach: Rob, Shuan, Mike, Mark, Emma

### **Lunch Time Swim Sessions**

This group is focused on technique development and fitness in swimming. Small group sizes (5-10) allow more individual attention.

Venue: Challenge Stadium (check notice board for pool details)  
Time: Tuesday and Thursday 12.00 pm  
Cost: \$10 STC Members / \$15 Non Members  
Coach: Rob

### **Open Water Swim**

This session will focus on the skills of open water swimming which is a vital aspect of all triathlon races. Complete this session on a regular basis to be swim ready for the triathlon season.

Venue: City Beach  
Time: Saturday 8.30am (Various Weekends)  
Cost: \$5 STC Members / \$10 Non Members  
Coach: Mark

### **Thursday Cycle**

This is aimed at the intermediate level. So if you are new to cycling or not confident at cycling in a group, feel free to come along. Estimated speed is 27-30 kph. Aim to return to the Challenge Stadium area by 7 to 7.15am.

Venue: Challenge Stadium.  
Time: 6.00 am  
Cost: Nil (Strictly Members Only)  
Coach: Various

### **Sunday Long Cycle**

This session will meet as a group at the Belltower but will vary on length depending on cycling fitness and experience. After a combined start, the group generally splits into 2 to 3 packs based on cycling speed.

Venue: Belltower  
Time: Summer 6.30am / Winter 7.00am  
Cost: Nil (Members Only Session)

### **Saturday Brick**

Various combinations of cycling and running. This session caters for all abilities and is aimed at improving your transitions (changing from cycling to running) and utilises transition racks similar to a race situation.

Venue: City Beach  
Time: Saturday 6.30am  
Cost: \$5 STC Members / \$10 Non Members  
Coach: Mike

### **Tuesday LSD (long slow distance) Run**

Although there are a number of athletes training for the longer distance triathlons (Ironman and Half Ironman), this session is designed for anyone who wants to increase their running endurance capacity. The group will begin together but will split into a number of smaller groups depending on running speed and distance. You will be encouraged to run at your own pace and for a distance that suits your needs.

Venue: Matilda Bay.  
Time: Tuesday 5.30pm  
Cost: Nil (Strictly Members Only)  
Coach: Various

### **Wednesday Morning Run (Hills / Fartlek)**

This session will be a combination of steady, tempo, fartlek and hills running. This is an optional session for those unable to make Tuesday long run or can be utilised as an extra session. Will may use a few different venues (Perry Lakes, Reabold Hill, City Beach, Lake Monger), so keep an eye on weekly updates.

Venue: Various (initially at Perry Lakes – park in Car Park at corner of Perry Lakes Drive and Underwood Ave).  
Time: Wednesday 6am  
Cost: Nil (Strictly Members Only)  
Coach: Various

### **Thursday Running Intervals**

This interval session is aimed at improving your running speed over short to medium distances. A series of warm up running drills will focus on improving your running technique. Various distances and terrains.

Venue: Various Venues (See program)  
Time: Thursday 5.30pm  
Cost: \$5 STC Members / \$10 Non Members  
Coach: Shaun / Rob

## Meeting Points (Click [HERE](#)) for map

### **Bell Tower**

Bell tower on Swan River foreshore at end on Barrack St.  
Meet on the forecourt on the river side of the Bell tower

### **Challenge Circle**

The fountain in front of the main entrance to Challenge Stadium

### **Challenge Pool**

Check notice board at the bottom of the steps after entering pool area for squad details (usually the outdoor 8 lane pool – the first outdoor pool).

### **City Beach**

Meet in the carpark on challenger parade on the **North Side of Oceanus restaurant** (toward Floreat).

### **Kings Park**

Zamia cafe carpark (Western Power Parkland)  
May Drive, Shenton Park end of Kings Park

### **Matilda Bay**

Hackett Drive. Meet in the long carpark on Hackett Drive (opposite UWA), approximately 500m from Mounts Bay Rd. Meet at the City End (Toilet Block end) of the carpark

### **Scout Hall**

Perry Lakes Scout Hall: Enter Perry Lakes Drive from Oceanic Drive and take the first road off to the left (just past the skate park). Continue to car park at the end of the road.

### **Perry Lakes Run Intervals (Alderbury Reserve)**

Enter Perry Lakes Drive from Oceanic Drive and take the first road off to the left (just past the skate park). Continue to car park at the end of the road.

### **Perry Lakes Brick**

Park in the Carpark on the Eastern side of Perry Lakes Drive approx 500m in from Stephenson Ave.

### **Revolution Pilates Studio**

419 Oxford St, Mt Hawthorn  
Ph. 9443 1403