

Week 1 4/10/2017 Notes	Mon 10/04		Tue 11/04		Wed 12/04		Thu 13/04		Fri 14/04		Sat 15/04		Sun 16/04	
	Cam and Leon National Age = Gold and those going to National Age Amanda at Open Nationals													
	National Age 7-9am Cam Gym 9:15-10:30am		National Age 7-9am Cam		Black/White 6-8am Leon		National Age 7-9am Cam		Good Friday Train at ABB		Race Warm up		Age Nationals Day 1	
	Black/White 6-8am Leon		Black/White 6-8am Leon		Gold Gym 3-4pm		Black/White 6-8am Leon Dryland 8-9am		7-9am National Age Cam flies to Brisbane					
	Dryland 8-9am				National Age 4-5:30pm Cam									
	JC/SF/M Leon													
Week 2 4/17/2017 Notes	Mon 17/04		Tue 18/04		Wed 19/04		Thu 20/04		Fri 21/04		Sat 22/04		Sun 23/04	
	Age Nationals Leon to run program													
	Easter Monday		Gold/Black/White 6-8am JC/SF/M Leon		Gold/Black/White 6-8am JC/SF/M Leon		Gold/Black/White 6-8am JC/SF/M Leon		Gold/Black/White 6-8am JC/SF/M Leon		off		off	
	Day 2		Day 3		Day 4		Day 5		Day 6					

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.