



Department of Sport and Recreation



The Athlete's Foot Corporate Triathlon
5 Week Training Course
Presented by the City of Mandurah in conjunction with



Day & Date	Time	Activity	Location	Please bring
Tuesday 19/1	6.15pm	Information Session	MARC Swim Club rooms	Friends, questions
	7.30pm	Swim	MARC	Bathers, towel, goggles
Wednesday 20/1	6.15am	RPM Class*	HHCRC	Towel, water
	5.45pm	Run	Mandurah Podiatry Clinic	Sneakers, water
Friday 22/1	6.00pm	Splash & Dash (swim and run)	Halls Head Beach	Running & swimming gear
Saturday 23/1	7.00am	Cycle	Dome Café Mandurah	Bike, helmet, water
	8.30am	Run	Dome Café Mandurah	Running gear
Monday 25/1	6.15am	RPM Class*	HHCRC	Towel, water
	7.30pm	Swim	MARC	Bathers, towel, goggles
Wednesday 27/1	6.15am	RPM Class*	HHCRC	Towel, water
	5.45pm	Run	Mandurah Podiatry Clinic	Sneakers, water
Friday 29/1	6.00pm	Splash & Dash (swim and run)	Halls Head Beach	Running & swimming gear
Saturday 30/1	7.00am	Cycle	Dome Café Mandurah	Bike, helmet, water
Monday 1/2	6.15am	RPM Class*	HHCRC	Towel, water
	7.30pm	Swim	MARC	Bathers, towel, goggles
Tuesday 2/2	6.15pm	Information Session	MARC Swim Club rooms	Questions, pen, notepad
	7.30pm	Swim	MARC	Bathers, towel, goggles
Wednesday 3/2	6.15am	RPM Class*	HHCRC	Towel, water
	5.45pm	Run	Mandurah Podiatry Clinic	Sneakers, water
Friday 5/2	6.00pm	Splash & Dash (swim and run)	Halls Head Beach	Running & swimming gear

Saturday 6/2	7.00am	Cycle	Dome Café Mandurah	Bike, helmet, water
	8.30am	Run	Dome Café Mandurah	Running gear
Monday 8/2	6.15am	RPM Class*	HHCRC	Towel, water
	7.30pm	Swim	MARC	Bathers, towel, goggles
Tuesday 9/2	6.15pm	Information Session	MARC Swim Club rooms	Questions, pen, notepad
	7.30pm	Swim	MARC	Bathers, towel, goggles
Wednesday 10/2	6.15am	RPM Class*	HHCRC	Towel, water
	5.45pm	Run	Mandurah Podiatry Clinic	Sneakers, water
Friday 12/2	6.00pm	Splash & Dash (swim and run)	Halls Head Beach	Running & swimming gear
Saturday 13/2	7.00am	Cycle	Dome Café Mandurah	Bike, helmet, water
Monday 15/2	6.15am	RPM Class*	HHCRC	Towel, water
	7.30pm	Swim	MARC	Bathers, towel, goggles
Wednesday 17/2	6.15am	RPM Class*	HHCRC	Towel, water
	5.45pm	Run	Mandurah Podiatry Clinic	Sneakers, water
Friday 19/2	6.00pm	Splash & Dash (swim and run)	Halls Head Beach	Running & swimming gear
Saturday 20/2	7.00am	Cycle	Dome Café Mandurah	Bike, helmet, water
Sunday 21/2	7.45am briefing	RACE DAY	Halls Head Beach	Triathlon gear, positive attitude, big smile.

*Whilst RPM (stationary bicycle) exercise classes are included as part of this training program (ie no cost to participants) a limited number of bicycles places are available, and are allocated on a first come first served basis.

- HHCRC – Halls Head Community Recreation Centre. Honeysuckle Ramble, Halls Head. 9550 3950.
- MARC – Mandurah Aquatic and Recreation Centre, Pinjarra Rd. 9550 3600
- Mandurah Podiatry Clinic – Mandurah Terrace (opposite Council Chambers)
- Halls Head Beach – Halls Head Pde, Halls Head (opposite Dome Café)
- Splash & Dash begins at 6pm in the water. Please arrive early to set up gear. Consists of a 300m swim and / or 2 or 4km run. In addition to your swimming and running gear if you are doing both the swim and run, a bucket to wash the sand from your feet before putting your shoes on is advisable.
- All sessions listed above, excluding the race, are covered in the enrolment cost of the training program. The sessions are not transferable or redeemable for cash.



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Fridge Mate

Week beginning	Monday 6.15am	Monday 7.30pm	Tuesday 6.15pm	Tuesday 7.30pm	Wednesday 6.15am	Wednesday 5.45pm	Friday 6.00pm	Saturday 7.00am	Saturday 8.30am
18 January			Information Session - MARC Clubrooms	Swim - MARC	RPM Class - HHCRC	Run - Mandurah Podiatry Clinic	Splash & Dash (swim & run) - Halls Head Beach	Cycle - Dome Café Mandurah	Run - Dome Café Mandurah
25 January	RPM Class - HHCRC	Swim - MARC			RPM Class - HHCRC	Run - Mandurah Podiatry Clinic	Splash & Dash - Halls Head Beach	Cycle - Dome Café Mandurah	
1 February	RPM Class - HHCRC	Swim - MARC	Information Session - MARC Clubrooms	Swim - MARC	RPM Class - HHCRC	Run - Mandurah Podiatry Clinic	Splash & Dash - Halls Head Beach	Cycle - Dome Café Mandurah	Run - Dome Café Mandurah
8 February	RPM Class - HHCRC	Swim - MARC	Information Session - MARC Clubrooms	Swim - MARC	RPM Class - HHCRC	Run - Mandurah Podiatry Clinic	Splash & Dash - Halls Head Beach	Cycle - Dome Café Mandurah	
15 February	RPM Class - HHCRC	Swim - MARC			RPM Class - HHCRC	Run - Mandurah Podiatry Clinic	Splash & Dash - Halls Head Beach	Cycle - Dome Café Mandurah	SUNDAY 21st RACE DAY 7.45 Briefing 8.00 Start