



Activity	Last session 2017	First session 2018
<b>Running</b> <ul style="list-style-type: none"> <li>Tuesday coached running</li> <li>Thursday running (North side, South side, Arboretum)</li> <li>Saturday running</li> </ul>	19 December (Christmas run)  23 December	6 February 2018 (some members may meet for an un-coached run)  Own arrangements  6 January 2018
<b>Marathon / half marathon program participants</b>	Training will continue throughout – watch Basecamp for Coach's instructions!	
<b>Cycling</b> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Friday</li> <li>Sunday</li> </ul>	20 December (Jingle Bells)	Regular sessions resume Friday 5 January  (numbers may fluctuate due to summer holidays)
	FIT Not-a-novice-anymore (NANA) coordinated cycling program kicks off Wed Jan 10. We will be training for the 70km option at the Newcrest Challenge in Orange (March 4). A great way to develop your group riding skills and improve your bike fitness. More info/registrations click <a href="#">here</a> .	
<b>Swimming</b> <ul style="list-style-type: none"> <li>Monday evening CGGS</li> <li>Wednesday morning Civic</li> <li>Wednesday evening CISAC</li> <li>Thursday evening Acton Ferry Terminal</li> <li>Friday morning Dickson</li> </ul>	18 December 20 December 20 December New in 2018  22 December	8 January 3 January 3 January 4 January  5 January
<b>Water running</b> <ul style="list-style-type: none"> <li>Monday morning – Civic</li> <li>Monday evening - CGGS</li> </ul>	18 December  18 December	Stay tuned for 1 January arrangements  8 January