



ACTIVITY	LAST SESSION 2018	FIRST SESSION 2019
Running		
Tuesday coached running	18 December	5 February 2019 (except for marathoners)
Thursday running (north side, south side, Arboretum)		Own arrangements
Saturday running	22 December	5 January 2019
Marathon / half marathon program participants	Training will start January 2019 – see Basecamp for Coach's instructions	
Triathlon - FIT2Sprint	Training will continue – enrolled participants should check the FIT2Sprint Basecamp for coach’s instructions	
Cycling		
Wednesday rides	19 December (Jingle Bells)	9 January 2019
Friday rides	19 December (Jingle Bells)	11 January 2019
Sunday rides	16 December	6 January 2019
*Post on the FB Cycling Group to coordinate any uncoached rides during the break		
Swimming		
Monday evening CGGS	17 December	7 January 2019
Wednesday morning Civic	19 December	2 January 2019
Wednesday evening Civic	19 December	2 January 2019
Thursday evening Acton Ferry Terminal	Continues uninterrupted – uncoached session	
*note - there will be no swimming for any sessions that fall on a public holiday across the holiday period		
**feel free to self organise any swims, pool or open water, via the Facebook Swimming Group		
Water Running		
Monday morning Civic	17 December	31 December 2018
Monday evening CGGS	17 December	7 January 2019