



endurance

triathlon & multisport performance endurance@e-wire.net.au

0400 009 257

Mon	Tues	Wed	Thu	Frid	Sat
5.30am Swim at Melville Aquatic Centre	6.00am Swim at Aqua Jetty Rkhm	5.30am Swim at Melville Aquatic Centre	6.00am Swim at Aqua Jetty Rkhm	5.30am Swim at Melville Aquatic Centre	XXXXXX
6.00 pm Swim at Melville Aquatic Centre	5.30pm Intervals Run session Small Nth Oval / & track @ Melville Aquatic	6.00 pm Swim at Melville Aquatic Centre	XXXXXXXXXX	5.30 pm Swim at Melville Aquatic Centre	1pm Jan – May Coogee Bch - Open water swim

endurance fitness powered by

