

## SCTA Women's Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	 <b>Swim</b> 6:00am Mooloolaba Lifeguard Tower	 <b>Cycle</b> 5:30am at Cotton Tree Pool			 <b>Swim</b> 6:00am Mooloolaba Lifeguard Towe	 <b>Cycle</b> 6:00am at Cotton Tree Pool	
<b>PM</b>		 <b>Run</b> 5:00pm at Alex SLSC South Car Park		 <b>Run</b> 5:00pm Sunshine Coast Uni Track			