

MULTI-DISCIPLINE PROGRAM

COACH – Michael King

DAY	MORNING	AFTERNOON
MONDAY	5am-Swim @ Mountain Creek Aquatic Complex	4pm-Ski/Run @ Mooloolaba
TUESDAY	5am-Swim @ Mountain Creek Aquatic Complex	4pm-Board/Run @ Mooloolaba
WEDNESDAY	5am-Swim/Run/Board @ Mountain Creek Aquatic Complex	4pm-Ski @ Mooloolaba
THURSDAY	5am-Swim @ Mountain Creek Aquatic Complex	4pm-Board/Run @ Mooloolaba
FRIDAY	5am-Swim @ Mountain Creek Aquatic Complex	4pm-Ski/Run @ Mooloolaba
SATURDAY	6am-Ironman @ Mooloolaba	1pm-Run @ Mountain Creek Aquatic Complex or REST
SUNDAY	REST	REST

- Program begins on Monday 31st May
- Any queries please contact Michael King on 0418 711 871 or Email: coaching@thesurfclub.com.au