

What's on in APRIL 2019

Monday	Tuesday	Wednesday	Thursday	TGIF Friday	☺ bondi Saturday	Sunday
1 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	2 7.00AM Cloey run+swim / swim only FREE session Not Coached	3	4	5 7.00AM Bondi swim ocean swim meet bondi surf club	6 Bondi swim meet Bondi Surf Club 8.00am 60-90 min swim	7 Balmoral 1k & 5k
8 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	9 6.00AM Cloey run+swim / swim only FREE session Not Coached	10	11	12 6pm Bondi swim > LAST meet surf club	13 Bondi swim meet Bondi Surf Club 8.00am 60-90 min swim	14 Coogee Island 1k & 2.4k
15 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	16 6.00AM Cloey run+swim / swim only FREE session Not Coached	17	18	19 GOOD FRIDAY 9AM Bondi swim	20 Bondi swim meet Bondi Surf Club 8.00am 60-90 min swim	21
22 EASTER MONDAY 9AM Adventure Swim location TBC	23 6.00AM Cloey LAST run+swim in shoes swim only FREE session	24	25 ANZAC DAY 9AM swim location TBC	26 7.00AM Bondi swim ocean swim meet bondi surf club	27 Bondi swim meet Bondi Surf Club 8.00am 60-90 min swim	28 Bondi Bluewater 1 & 2.1k swims 4k sand sun
29 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	30 6.30pm Pool swim +Plus Cook & Phillip					

NEW TIME



All session times are subject to change