

**Pt LONSDALE**  
**COMPETITION TRAINING CALENDER**  
**PRE SEASON 2009-10**

<b>DATE</b>	<b>DAY</b>	<b>venue</b>	<b>TYPE OF TRAINING</b>	<b>time</b>
<b>AUGUST</b>				
30 <sup>th</sup> AUG	SUNDAY	PT LONSDALE SURF CLUB	RUNNING + BOARD	10AM
<b>SEPTEMBER</b>				
19 <sup>th</sup> SEPT	SATURDAY	MELBOURNE (PORT MELB LSC)	RUNNING + CORE	10AM
<b>OCTOBER</b>				
25 <sup>th</sup> OCT	SUNDAY	PT LONSDALE SURF CLUB	RUNNING + BOARD	10AM
<b>NOVEMBER</b>				
22 <sup>nd</sup> NOV	SUNDAY	PT LONSDALE SURF CLUB	RUNNING + BOARD	10AM
<b>DECEMBER</b>				
5 <sup>th</sup> DEC	SATURDAY	PT LONSDALE SURF CLUB	- RUNNING - BOARDS	3PM
6 <sup>th</sup> DEC	SUNDAY	PT LONSDALE SURF CLUB	- SWIMS - IRON	9AM

**WHAT TO BRING:**

- WETSUIT (STEAMER: AUG – NOV)
- RUNNING GEAR
- TOWEL
- PADDLE BOARD (IF YOU HAVE ONE)
- WATER BOTTLE

CONTACT DAVID STRAHAN (0408 941 461) FOR MORE DETAILS