

MNM Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.45 am - Mermaid. Surf Boats	5.45 am - Mermaid. Surf Boats	5.15 am - Miami. Seniors & Masters. Tabata training & board	5.45 am - Mermaid. Surf Boats		5.30 am - Mermaid. Surf board riding	6.20 am - Miami. Board
			5.30 am - Miami. U11 - U19. Board & swim			5.30 am - Mermaid. Ski	7.00 am - Mermaid. U14 - Masters iron
			5.45 am - Mermaid. Surf Boats			7.00 am - Mermaid. U11 - U14 board	8.00 am - Mermaid. Nippers iron
			6.00 am - Lake Hugh Muntz. U14 to Masters board		4.30 pm - Mermaid. U11 to Masters. Run/swim/run. (D/I)	8.00 am - Mermaid. U14 to Masters board	9.00 am - Mermaid. Surf Boats
	<p><u>All members of either Mermaid, Nobbys & Miami SLSC's can attend any session on this timetable. All sessions are free of charge.</u></p> <p>Please let your club contact know when you plan to go to a session at another club for the first time.</p> <p>Club contacts - Miami - Alan Hobbs, Nobby's - Darren Sessarago, Mermaid - Ann Donnelly-Marshall</p>						8.00 am - Nobby's. Seniors to Masters. Board & swim. (D & I)
						8.00 am - Miami. All ages. Board & swim	
						9.15 am - Nobby's. All ages. Beach - sprints, flags & 2km.	
PM	4.00 pm - Mermaid. U14 - Masters Board (D)	4.30pm - Lake Hugh Muntz. U8 to Masters - Board/Swim	4.00 pm - Lake Hugh Muntz. Nippers board	4.30 pm - Nobbys. U11 to Masters. Board/Swim/Run Endurance session (I / HP)	4.30 pm - Mermaid. U14 to Masters board		Legend:
	Ski - Mermaid. 61 Sunshine Blvd @ 4.30pm or load craft on trailer & travel by bus leaving Mermaid @ 4.15pm (D / I / HP)	6.00 pm - Mermaid. Cross Training Fitness Session. (D/I)	4.15 pm - Mermaid. Ski (I / HP)	5.15 pm - Miami. Beach sprints & flags - wear your runners. Meet on Beach Walkway; end of Santa Monica Blvd	4.00 pm - Miami. Board & swim (HP)		HP - High Performance
	5.30 pm - Mermaid. U15 to Masters. Strength & condition		5.30 pm - Mermaid. U15 to Masters. Strength & condition	6.00 pm - Mermaid. Cross Training Fitness Session. (D/I)	4.15 pm - Mermaid. Ski (D / I / HP)		D - Development
					4.15 pm - Nobby's. Seniors to Masters. Board and swim. (D & I) (Followed by touch footy & BBQ)		I - Intermediate

The colour coding of the sessions is to identify which Coach will be holding the session:

Miami	Nobby's	Mermaid
Wes Berg - 0414 905 730	Nick Marshall - 0419 753 917	Jason Barker - 0419 734 442
Alan Hobbs - 0411 844 782	Darren Sessarago - 0411 379 316	Julian Norton-Smith - 0417 549 409
		Phil Chipman - 0418 391 715
		Greg Moreton - 0411 646646
		Essie Amery - 0420 578897