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| <p>Mon 15 Apr</p> |  | <p>5.30am – Bike – Zwift with Jacque</p> |    | <p>Race - National Track Champs - Adelaide</p> <p>3.30pm Run – Noosa National Park (meet Park Edge Rd Sunshine Beach)</p> <p>4.45pm Swim – Tewantin School Pool</p> |
| <p>Tues 16 Apr</p> |  | <p>5.30pm – Swim – Tewantin School Pool</p> |   | <p>Race - National Track Champs - Adelaide</p> <p>4pm – Run – Coolum High *Meet CNR David Low & Havana East</p> |
| <p>Wed 17 Apr</p> |   | <p>5.30am – Bike – Zwift with Jacque</p> <p>5.30am – Bike – Eumarella Rd (no coach – session provided)</p> |   | <p>Race - National Track Champs - Adelaide</p> <p>4.30pm – Swim – Tewantin School Pool</p> |
| <p>Thurs 18 Apr</p> |   | <p>5.30am - Run – Coolum Beach</p> <p>6am - Run – Girraween Sports Complex (no coach – session provided)</p> |   | <p>Race - National Track Champs - Adelaide</p> <p>4.30pm – Run - USC Track</p> |
| <p>Fri 19 Apr</p> |  | <p>5.45am –Swim – Noosa Main Beach – Surf Club</p> | | |
| <p>Sat 20 Apr</p> |    | <p>Run - TBA</p> <p>Race – Australian Jnr Sprint Champs, Wollongong</p> <p>Race – Sunshine Coast Women’s Tour (cycling)</p> | | |
| <p>Sun 21 Apr</p> |  | <p>Race – USC XC Series Race 2 – Corbould Park Racecourse, Caloundra</p> <p>Race – SCCC North Arm Road Race</p> <p>Race – Sunshine Coast Women’s Tour (cycling)</p> <p>Follow your programs for training</p> | | |