



ECLIPSE
PERFORMANCE CENTRE

| DAY | TIME | SESSION | VENUE | LEVELS |
|------------------|-----------------|------------------|---|----------------------|
| MONDAY | 5:30am – 7am | Swim | Aqualife 50m | All Levels |
| TUESDAY | 5:45am Start | Intervals – Bike | Shelly Foreshore | U23 & Coach Approved |
| | 5:30pm – 6:45pm | Run | Summer - Jeff Joseph Reserve Winter – Tomkins Park | All Levels |
| WEDNESDAY | 5:30am – 7am | Swim | Aqualife 50m | All Levels |
| THURSDAY | As per program | Bike | As per program | U23 & Coach Approved |
| | 5:30pm – 6:45pm | Run | South Perth Foreshore | All Levels |
| FRIDAY | 5:30am – 7am | Swim | Aqualife 50m | All Levels |
| SATURDAY | 6:00am Start | Hills – Bike | Raffles | Coach Approved |
| | 3pm – 4pm | Swim | Aqualife 50m | All Levels |
| SUNDAY | TBC | TBC | TBC | TBC |