

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: 6am ITAC Beginners – flippers Snoozy Bears:7.30am Swim with the coach	Cycle: 5.30am Centennial Park Beginners: 5.30am *** Lights *** front & back!	Swim: 6am ITAC Beginners – flippers Snoozy Bears:7.30am Swim with the coach Swim – 6am: Bondi Icebergs Surf swim – 7am	1 on 1 swim: Mon, Wed & Fri - 7.15am or 8.15am. 1 on 1 bike: Tues/Thurs: 7am Sat: 9.15am	Swim: 6am ITAC Beginners - flippers ** Includes Stroke Correction Snoozy Bears: 7.30am Swim with the coach	Cycle: 6.30am Beginners: 6.30am Centennial Park Run: 8am Centennial Park Beginners welcome	Cycle -6.30am Road ride... Centennial Park Options: 70km & 100km+ Experienced road riders only!
Swim: 6.30pm ITAC Ultimo/ Darling Harbour Beginners – flippers Swim – 6.30pm Bondi Icebergs Beginners - flippers	Run: 6.30pm Hills & Tempo Centennial Park Beginners Welcome	Swim: 6.30pm ITAC Ultimo/ Darling Harbour Beginners – flippers Surf swim – 6.30pm North Bondi Surf Club	Run: 6.30pm Sprints & Intervals Centennial Park Beginners Welcome	...Saturday Surf Swim:10.30am... North Bondi Surf Club Beginners welcome! Minimum standard: 1km freestyle Saturday Stroke Correction Swim: 4pm ITAC - Ultimo/ Darling Harbour Beginners - flippers	Team Bondi Fit start on time!!! DO NOT be late in morning & text the coach if you are late at night!	

info@bondifit.com – please email before attending with mobile number!

www.bondifit.com

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...Beginner guide...

BEGINNER Friendly Swims:

** **FLIPPERS** required!

Stroke correction sessions recommended

- * **Friday:** 6am – ITAC.
- * **Saturday:** 4pm – ITAC.
- * **Beginners** may also attend any swim squads

BEGINNER Friendly Open water swims:

- * **Saturday Surf Swim:** 10.30am
- North Bondi Surf Club
- ** **Minimum standard** for surf swims:
1km non-stop freestyle in a pool for Beginners,
otherwise view stroke correction options above!

BEGINNER Friendly Cycle

- * **Tuesday:** 5:30am - Centennial Park
Skills & Fitness – **Lights front & back!**
- * **Saturday:** 6:30am - Centennial Park

BEGINNER Friendly Runs as per program:

- * **Tuesday & Thursday** – 6.30pm
- * **Saturday** - 8am

**** Training locations ****

1. Ian Thorpe Aquatic Centre (ITAC) – 6am & 6.30pm swim sessions:

– **Darling Harbour/ Ultimo:** Corner of Harris St & William Henry St.

FREE parking or meters in streets between Wattle St & Harris St – west of the pool.

Please check these streets on arrival. **Check website for maps!**

\$6.20 pool entry or multi visit pool entry pass (20 visits - \$99).

*** **Pool entry** - not included.

Please pay coach on the pool deck or at the beach **BEFORE** the session starts!

2. Bondi Icebergs: Notts Ave, South Bondi – on the water!

3. North Bondi Surf Club: 2 hour parking behind surf club OR meter parking.

** **DO NOT** bring valuables to beach & allow time to park!

4. Centennial Park Cycle & Runs: Between Paddington & Woollahra gates at the flagpoles.

- on Grand Drive (Main road inside the park). In front of Federation Pavilion on the left hand side of the road:

- 500 metres past the restaurant or 200 metres past the TOILETS.

** **Please note** – see website for Tuesday 5.30am parking options!

Tuesday – 5.30am start parking tips - 4 suggestions:

1. Parking near Fox Studio gates at the bottom of Lang Road & riding to our meeting place (1.5km).
2. Parking near Paddington gates near the top of Lang Road & riding downhill to our meeting place (1km).
3. Parking at the top of York Road near the bus depot & riding downhill to our meeting place (1km).
York Road gates at the bottom of the hill, you will have to ride against traffic for 200 metres (be careful if doing this).
4. Riding from the Randwick TAFE gates, near the Alison/ Darley Road intersection (Randwick racecourse) - 2.5km ride.

All Team Bondi Fit session start on advertised time:

- **DO NOT** be late in morning & text the coach if you are late at night!

PAYMENT OPTIONS:

- pool entry not included.

Casual rate: \$15 - CASH ONLY.
please make payment before session.

Multi casual rate

- **\$100 for 8 sessions** (\$12.50)
- **CASH ONLY.**
- valid for 3 months from purchase.
- please make payment before session.

MONTHLY RATES:

to be used in one month period:
starts from 1st session attended.

- * **Unlimited swim & run:** \$120
- * **Unlimited swim & bike:** \$120.
- * **Unlimited bike & run:** \$120.

- * **Unlimited Triathlon training:** \$180
- \$160/ month for 3 months +
Requires upfront payment - \$480.
- **includes** monthly squad program with weekly updates.

- * **Personal training review:** \$249
- unlimited training & program as above
- includes 1 x monthly program outlay.
- includes 1 x monthly program review.
- correspondence options.
- program talk inc. goal setting.
- email/ phone support.
- **\$199/ month for 3 months**
Requires upfront payment - \$597.

1 on 1 available:

- 1 on 1 - \$80.
 - 2 on 1 - \$90.
 - 3(+) on 1 - \$100.
- Lane hire added if needed

Team Bondi Fit run YEAR ROUND individual, group & squad training for athletes ranging from BEGINNERS to International athletes in all sports .

We welcome beginners & run appropriate squad sessions as well as BEGINNER training clinics.

We pride ourselves on being able to coach anybody for SPRINT distances up to marathons & Ironman distances in triathlon, surf & ocean swimming.

COACH Spot:

- * Australian Champ - Triathlete, Surf Lifesaver, Ocean Swim & ex part time WCT surfer!!!
- * Coached up to Olympic Level.

COACH Mermaid:

- * Swim, surf & triathlon coach
- Age Group competitor in above.
- * Australian Medallist in Australian Surf Lifesaving Championships (Ironwoman).

COACH Michaela:

- * Swim, surf & triathlon coach
- Age Group competitor in above.

COACH Paul:

- * Swim & Surf Coach.
- Masters Pool/ Ocean Swimmer
* Age Group Triathlete

COACH Scott:

- * Bike Coach.
- Bike Racer & Ager group Triathlete.

COACH Dave:

- * Bike & Assistant Coach.
* Pro triathlete!

Team Bondi Fit

* **Swim squads: City & Bondi**

- Ian Thorpe Aquatic Centre
- Bondi Icebergs

* **Surf swim**

- North Bondi Beach, Australia!
- Bondi Icebergs

* **Bike**

- Centennial Park

* **Run**

- Centennial Park
- North Bondi
- Kensington

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