

## CITY BAY WINTER 2011 COMPETITION PROGRAM

- 26<sup>th</sup> June** PAAC City Bay run week 1 Introduction – 9.30 test for beginners  
Ducks for advanced – lecture is date pace and race pace(stan)
- 3<sup>rd</sup> July** PAAC City Bay run week 2 9.30 clubrooms one bridge for beginners – 2 bridges  
and 300 lap outs for advanced –  
lecture is dress to train – layering(stan)
- 10<sup>th</sup> July** PAAC City Bay run week 3 9.30 clubrooms Inner Harbor Loop  
lecture is having an effective stretch and warm up(brad).
- 17<sup>th</sup> July** PAAC City Bay run week 4 9.30 clubrooms Tennyson heights lecture is better  
running and walking technique(brad and stan)
- 24<sup>th</sup> July** PAAC City Bay run week 5 9.30 clubrooms Breakfast technique –  
lecture is nutrition(stan)
- 31<sup>st</sup> Jul** PAAC City Bay run wk 6 – 9.30 in carpark on north bank of River Torrens  
breakout creek c/o Esplanade, West Beach upstream run  
lecture is secret of successful running – tempo hills(stan)
- 7<sup>th</sup> Aug** PAAC City Bay run week 7 – 9.30 clubrooms around the lake – lecture is  
Hydration(brad)
- 14<sup>th</sup> Aug** PAAC City Bay run week 8 –Semaphore/City Bay Mile test 2- how are you  
going?  
lecture is race pace(brad)
- 21<sup>st</sup> Aug** PAAC City Bay run week 9 9.30 clubrooms for English Breakfast and  
Technique –  
lecture is self massage(stan)
- 28<sup>th</sup> Aug** PAAC City Bay run week 10 9.30 at bower road to Outer Harbor and back or part  
- lecture is recovery methods(brad)- **Early Bird entries close for Unity on 1st  
Sept and City-Bay on 31st August**
- 4<sup>th</sup> Sept** PAAC City Bay run week 11 rest and test week do SAMA
- 11<sup>TH</sup> Sept** PAAC City Bay run week 12 preparation and taper meet
- 18th Sept** CITY-BAY Fun Run –
- 25<sup>th</sup> Sept** Parkinson UNITY WALK start at Convention centre head East to Zoo back on the  
north bank to Weir, then back.