



Athletics  
Bendigo



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# ATHLETICS BENDIGO

## 2010 Trot around Tuesdays Lake Weeroona - Bendigo

### The Meeting place – Nolan St Car Park

From 5.30pm – 6.45pm, Come & join in when it suits you!

A 1500 & 3000 metres race will be held concurrently on the 1<sup>st</sup> & 3<sup>rd</sup> Tuesday  
The 5<sup>th</sup> Tuesday on 29<sup>th</sup> June & 31<sup>st</sup> August will feature a 1500 metres only!

Tuesday	From 5.30pm	Race 6.00pm	Finish 6.45pm	Total distance	Total time
<b>6<sup>th</sup> April</b>	warm up	<b>1500/3000m</b>	recovery		
13 <sup>th</sup> April	sessions				
<b>20<sup>th</sup> April</b>	warm up	<b>1500/3000m</b>	recovery		
27 <sup>th</sup> April	sessions				
<b>4<sup>th</sup> May</b>	warm up	<b>1500/3000m</b>	recovery		
11 <sup>th</sup> May	sessions				
<b>18<sup>th</sup> May</b>	warm up	<b>1500/3000m</b>	recovery		
25 <sup>th</sup> May	sessions				
<b>1<sup>st</sup> June</b>	warm up	<b>1500/3000m</b>	recovery		
8 <sup>th</sup> June	sessions				
<b>15<sup>th</sup> June</b>	warm up	<b>1500/3000m</b>	recovery		
22 <sup>nd</sup> June	sessions				
<b>29<sup>th</sup> June</b>	warm up	<b>1500 metres</b>	recovery		
<b>6<sup>th</sup> July</b>	warm up	<b>1500/3000m</b>	recovery		
13 <sup>th</sup> July	sessions				
<b>20<sup>th</sup> July</b>	warm up	<b>1500/3000m</b>	recovery		
27 <sup>th</sup> July	sessions				
<b>3<sup>rd</sup> August</b>	warm up	<b>1500/3000m</b>	recovery		
10 <sup>th</sup> August	sessions				
<b>17<sup>th</sup> August</b>	warm up	<b>1500/3000m</b>	recovery		
24 <sup>th</sup> August	sessions				
<b>31<sup>st</sup> August</b>	warm up	<b>1500 metres</b>	recovery		
<b>7<sup>th</sup> September</b>	warm up	<b>1500/3000m</b>	recovery		
14 <sup>th</sup> September	sessions				
<b>21<sup>st</sup> September</b>	warm up	<b>1500/3000m</b>	recovery		
28 <sup>th</sup> September	sessions				

Enquiries Phone; Greg Hilson 54483846

**Like to find a training partner, come & join in & find someone your own pace to run or walk with.**

**Run a lap, walk a lap or sit out a lap here & there!**

**Have fun, get fit & we'll see ya next Tuesday!**