



[www.exerciseinstitute.com.au](http://www.exerciseinstitute.com.au)

## WEEKLY TRAINING SCHEDULE

For clarification please email [training@bradhall.com.au](mailto:training@bradhall.com.au)

### Opening hours for Exercise Institute Centre, West Perth

Monday	3-7pm
Tuesday	530-9am; 3-7pm
Wednesday	530-11.30am; 3-7pm
Thursday	530-9am; 2-7pm
Friday	530-11.30am
Saturday	6-10am

#### NOTE:

Sprint sessions- completed on our bikes

Power sessions- completed on your bike

### Weekly outdoor sessions

Cycling

Running

Swimming

- Tuesday AM- Cycling, Motor pacing, Kings Park 530am (1.5hrs)
- Tuesday PM- Cycling, Veris Development session, Kings Park 5pm
- Wednesday AM- Cycling, Group racing tactical session, Narrows Bridge 6am (1.5hrs)
- Wednesday AM- Cycling, Womens Cycling Training, Kings Park, 6am (1hr)
- Wednesday PM- Running, Track session, Attadale Tompkins Park 430pm (1hr)
- Thursday AM- Cycling, Intermediate Interval training, Kings park, 6am (1-1.5hrs)
- Thursday AM- Cycling, Advanced interval training, Raffles Hotel, 6am (1.5hrs)
- Friday AM- Swimming, Technique Session, Bold Park, 530am (1hr)
- Friday AM- Running, Track session, Bold Park, 6.45am (1hr)
- Saturday AM- Cycling, Hills Session, Raffles Hotel, 6.30am (3hrs)
- Saturday AM- Cycling, Womens Hills Session (monthly), Raffles Hotel, 6.30am (3hrs)
- Saturday AM- Running, Brick Session after hills (periodically), 11am (30mins-1.5hrs)

#### Brad Hall

*B.Sc. (Psy & Sport Sc.); B.Psy (Hons)*

Assoc.MAPS

AMESSA

P: 0424894483

E: [bh@bradhall.com.au](mailto:bh@bradhall.com.au)

W: [www.exerciseinstitute.com.au](http://www.exerciseinstitute.com.au)

W: [www.cyclingdevelopment.org.au](http://www.cyclingdevelopment.org.au)