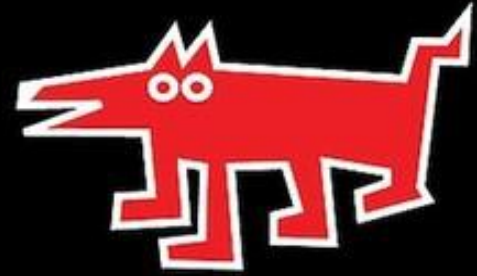


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Mat Thompson for being selected as Red Dog's Athlete of the Month for May 2023.

Mat wins this month's award for his outstanding performance at Ultraman Australia.

A big thank you to our sponsors for donating this month's prizes.

[Read More](#)

BLAST FROM THE PAST



[AOTM February 2020 Lara Condon](#)

SESSION CHANGES

RDTT will operate on a reduced training timetable for six weeks post Cairns as per the timetable below. The usual timetable will resume Monday 31 July 2023.

Trent is on leave from 19 June – 16 July 2023 and Cath is on leave from 17 – 30 July 2023. During their periods of leave, please note Trent and Cath will not be responding to RDTT emails and text messages.

Please direct any enquiries to the coach scheduled to be working during this period.

Please note the Saturday ride will leave from the Regatta Hotel during this period. We will also return to the UQ Athletics Track from Tuesday 20 June 2023.

POST CAIRNS TRAINING TIMETABLE 19 JUNE – 30 JULY 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim CP 5:15-6:30	Bike Regatta Hotel 5:00	Bike/Run UQ 6am (9 & 23 July only)
pm	Swim VP 12:00-1:00 VP 6:15-7:15	Swim YP 12:00-1:00	Swim VP 6:15-7:15		Swim VP 12:00-1:00		

CP: Corinda Pool VP: Valley Pool YP: Yeronga Pool
UQ: University of Queensland (gravel track)

SPONSOR SPECIALS

DID YOU KNOW?

ALL RDTT MEMBERS RECEIVE A \$20 DISCOUNT AT RHP

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Nathan
Qld State Netball Centre
590 Mains Road
Phone 617 3184 6844
email admin.nathan@rhpphysiotherapy.com.au
www.rhpphysiotherapy.com.au

Red Dog has developed a number of strategic partnerships with product and service providers that directly benefit members with a range of discounts and special promotions.

Taking advantage of these offers helps Red Dog further develop these relationships and negotiate even better benefits for members in the future.

Please support our sponsors where possible and provide feedback on your experiences to ensure they continue to deliver quality products and services to our members.

UPCOMING RACES

Brisbane Marathon Festival – 3-4 June
Ironman and 70.3 Cairns – 18 June
Townsville Triathlon Festival – 18-20 August
Sunshine Coast 70.3 – 10 September
Noosa Triathlon – 5 November
Harvey Bay 100 & 50 – 26 November

RDTT MERCHANDISE STORE OPEN



Merchandise orders are open now and close at the end of the month on the Champ-Sys Team Store. Please login using your existing details or set up a new account using the login RTT and password RTT.

Visit the [RDTT Store](#) to place your order.

RDTT PRIVATE FACEBOOK PAGE

RDTT has a 'Members Only' Facebook page to communicate member specific information such as training instructions during COVID-19 lockdowns.

To join, click on the link below, noting you need to be a current RDTT member to be granted access.

<https://www.facebook.com/groups/reddegtriathlontrainingmembersonly/>

RED DOG SOCIAL MEDIA

Do you follow the club on Instagram and Facebook yet?

Check out the club's pages for all the best photos from events, training and races!

Click on the links to follow! [Facebook](#) [Instagram](#)

If you have RDTT photos to share, please send to reddogtriathlon@optusnet.com.au and get yourself featured on social media!

YOUR DETAILS

To update your contact details, please [email us](#) or do it [online](#).

You can view our privacy policy [here](#).
