

RED DOG

TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Chelsea Auld for being selected as Red Dog's Athlete of the Month for November 2022.

Chelsea wins this month's award for her commitment and positive approach to training for Busselton Ironman. Well done!

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

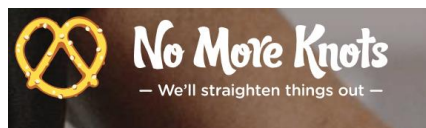
[Read More](#)

SPONSOR SPECIAL

20% discount on Mizuno products at Shoes Feet Gear
Use online code RDOG2022 or show RDTT membership tag is shopping in-store.



Post a post massage review and receive \$10 off your next treatment at No More Knots.



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.

RED DOG TRIATHLON TRAINING CHRISTMAS TIMETABLE

CP: Corinda Pool VP: Valley Pool YP: Yeronga Pool UQ: UQ Gravel Track NF: New Farm Park (sports field parking lot)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 11 Dec	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30 NF 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike VP 5:00-8:00 Ship inn 5:00-8:00	
	pm	Swim VP 12:00-1:00 VP 6:15-7:15 YP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00 VP 6:15-7:15	Swim YP 12:00-1:00 YP 6:15-7:15	Swim VP 12:00-1:00		
12 - 18 Dec	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30 NF 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike VP 5:00-8:00	Bike Run UQ 6:00am
	pm	Swim VP 12:00-1:00 VP 6:15-7:15 YP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00 VP 6:15-7:15	Swim YP 12:00-1:00 YP 6:15-7:15	Swim VP 12:00-1:00		
19 - 25 Dec	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 VP 5:00-8:00	Christmas Day
	pm	Swim - YP 6:15-7:15		Swim - VP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00		
26 Dec -1 Jan	am	Boxing Day	Public Holiday	Bike Nundah 5-6:30	Run VP 5:30-6:45	Swim CP 5:15-6:30	Bike VP 5:00-8:00	New Year's Day
	pm			Swim - VP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00		
2 - 8 Jan	am	Public Holiday	Run UQ 4:30-5:30 UQ 5:30-6:30 NF 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike VP 5:00-8:00	
			Swim YP 12:00-1:00 -	Swim VP 12:00-1:00 VP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00 -		
9 - 15 Jan	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30 NF 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike VP 5:00-8:00 Ship inn 5:00-8:00	
	pm	Swim VP 12:00-1:00 VP 6:15-7:15 YP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00 VP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00		

RDTT STOCKING FILLERS

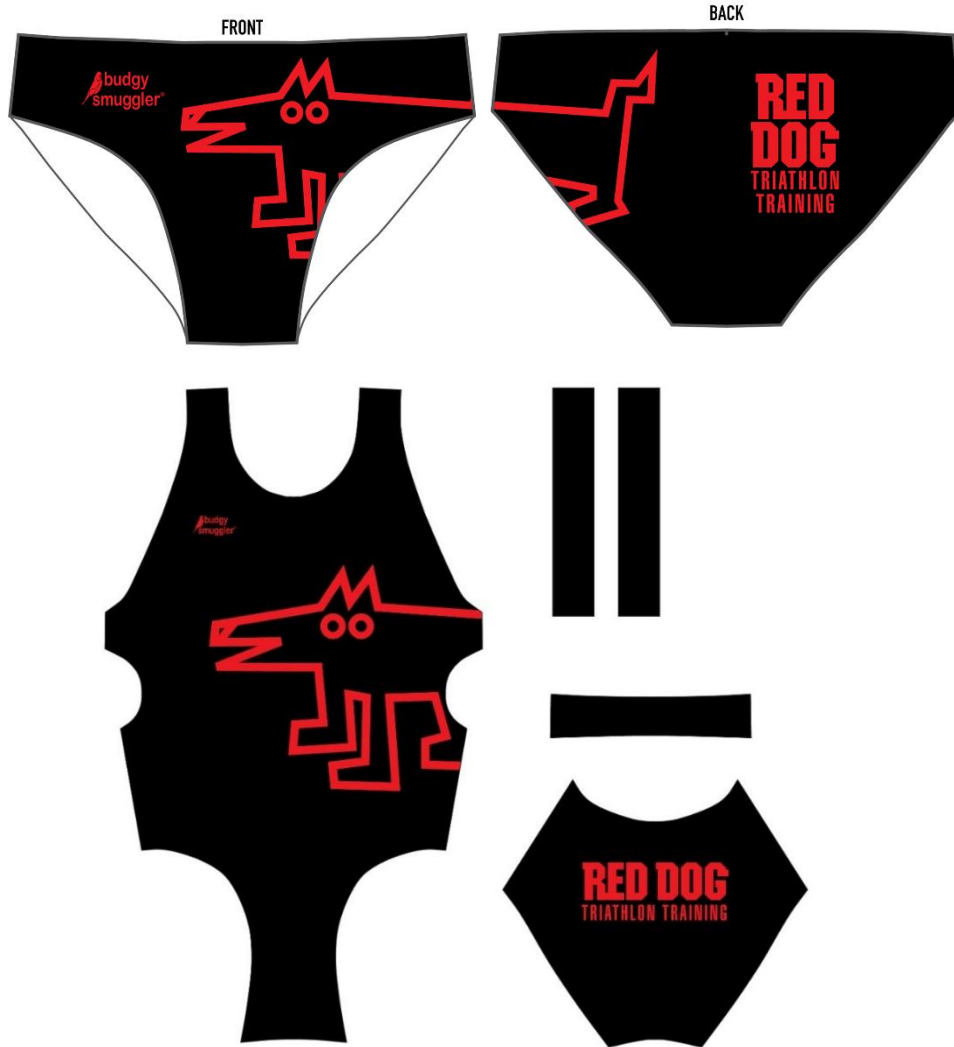
Dive into a new pair of RDTT budgy smugglers for summer!

Mens - \$60

Womens (thin strap, one piece) - \$90

Please contact Trent for available sizes

[Budgy Size Chart is available online.](#)



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 RDTT and password RDTT.

Please click [here](#) to place your order.

BLAST FROM THE PAST



[AOTM July 2020 Cath Collis](#)

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](#).
