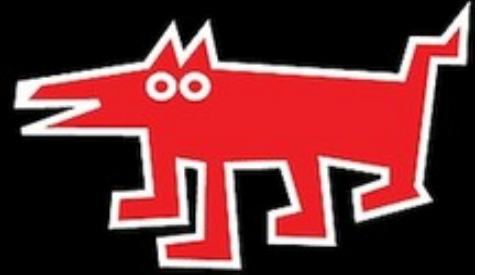


# RED DOG TRIATHLON TRAINING



## ATHLETE OF THE MONTH



Congratulations to Dom Churchett on being selected as Red Dog's Athlete of the Month for December 2020.

Dom wins this month's award for his outstanding performance taking out the coveted Red Jacket at the Raby Bay Rumble. Well done!

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

[Read More](#)

## JANUARY SPONSOR SPECIALS



[Fitness with Food](#) is offering RDTT members discounts as below:

**Initial Consultation \$140 (\$20 discount)**

60mins consultation covering training schedule, current dietary intake, medical history, goals etc

Includes nutrition plan tailored to training program & goals  
Includes ISAK 7 site skinfolds assessment (optional)

**Review Consultation \$80**

30mins consultation covering progress, changes to training

Includes skinfolds assessment (optional)  
Includes update to nutrition plan (as needed)

**Extended Review Consultation \$110**

45mins consultation covering progress, upcoming race outline  
Includes skinfolds assessment (optional)  
Includes additional race day nutrition plan

**Triathlon Nutrition Package \$280 (valued at \$340)**

1 x initial consultation  
2 x review consultations  
Skinfolds (as needed)  
Nutrition plan tailored to training program & goals  
Additional race nutrition plan

**Ironman Nutrition Package \$370 (valued at \$430)**

1 x initial consultation  
4 x review consultations  
Skinfolds (as needed)  
Nutrition plan tailored to training program & goals  
Additional race nutrition plan

Please present your Red Dog membership tag for your discount.



[Big Ass Fans](#) is offering 25% off purchases – check out their products on the [Red Dog Triathlon Lookbook](#).

To take advantage of your discount, please purchase over the phone and mention your RDTT membership number.

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

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## UPCOMING RACES

Robina – 10 Jan 2021  
Hell of the West – 7 Feb 2021  
Tweed Enduro – 6 Mar 2021  
Mooloolaba Triathlon – 14 Mar 2021  
Port Macquarie Ironman and 70.3 – 2 May 2021

## CHRISTMAS TIMETABLE CHANGES

RDTT will be operating on a reduced timetable until 17 January 2021. **Please note changes to the previously published Christmas timetable - additional swim sessions have been added on Monday 11 and Wednesday 13 January.**

We will return to the usual scheduled sessions on Monday 18 January 2021.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-10 Jan	am	<b>Swim</b> CP 5:15-6:30	<b>Run</b> UQ 4:30-5:30 UQ 5:30-6:30	<b>Bike</b> Ship Inn 5-6:30	<b>Run</b> VP 5:30-6:45	<b>Swim</b> VP 5:15-6:45 CP 5:15-6:30	<b>Bike</b> VP 5:00	<b>Off</b>
	pm	<b>Swim</b> VP 12:00-1:00  VP 6:15-7:15 YP 6:15-7:15	<b>Swim</b> YP 12:00-1:00	<b>Swim</b> VP 12:00-1:00  VP 6:15-7:15	<b>Swim</b>  YP 6:15-7:15			
11-17 Jan	am	<b>Swim</b> CP 5:15-6:30	<b>Run</b> UQ 4:30-5:30 UQ 5:30-6:30	<b>Bike</b> Ship Inn 5-6:30	<b>Run</b> VP 5:30-6:45	<b>Swim</b> VP 5:15-6:45 CP 5:15-6:30	<b>Bike</b> VP 5:00	<b>Swim/Bike/Run</b> YP 6:00
	pm	<b>Swim</b> VP 12:00-1:00  VP 6:15-7:15 YP 6:15-7:15	<b>Swim</b> YP 12:00-1:00	<b>Swim</b> VP 12:00-1:00  VP 6:15-7:15	<b>Swim</b> YP 6:15-7:15			

CP: Corinda Pool VP: Valley Pool YP: Yeronga Pool

## BLAST FROM THE PAST



[AOTM July 2017 Trish Wright](#)

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## RESULTS

[The latest time trial and Tuff Laps rankings](#) are now available. The results show your best time over the last 12 months and are maintained for active RDTT members only.

[Best ever time trial results](#) since Red Dog commenced in 2008 are also available. See who is the Top Dog in each discipline!

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## 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 [nikitaporth1@gmail.com](mailto:nikitaporth1@gmail.com) and get yourself featured on social media!

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## YOUR DETAILS

To update your contact details, please [email us](#) or do it [online](#). You can view our privacy policy [here](#).

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