

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Andrew Affleck for being selected as Red Dog's Athlete of the Month for February 2022.

Andrew wins this month's award for winning his age group at the Noosa 5km open water swim. Well done!

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

[Read More](#)

SESSION UPDATES

There will be no lunch squad at the Valley Pool on the following dates due to school swim carnivals:

Wednesday 9 March
Friday 25 March
Friday 1 April

UPCOMING RACES

Mooloolaba Triathlon – 13 March 2022
Hell of the West – 3 April 2022
Ironman Australia and Ironman 70.3 Port Macquarie – 1 May 2022
Moreton Bay Triathlon – 15 May 2022
Cairns Ironman and 70.3 – 12 June 2022

DATE CLAIMER

Red Dog Race Day
From 12pm, Saturday 9 April 2022
Doomben Racecourse

MARCH SPONSOR SPECIAL



[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.

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.

RDTT MERCHANDISE STORE OPEN



Merchandise orders are open until Thursday 31 March 2022 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.

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

BLAST FROM THE PAST



[AOTM October 2018 Stephen Leach](#)

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](#).
