

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Liz Savage for being selected as Red Dog's Athlete of the Month for April 2023.

Liz wins this month's award for her positive attitude and commitment to training for Cairns Ironman while juggling regular work-related travel and her passion for sailing.

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

[Read More](#)

BLAST FROM THE PAST



[AOTM December 2019 Ben Petrie](#)

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.

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 Ship Inn 5:00	Bike/Run UQ 6am (9 & 23 July only)
pm	Swim 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)

RDTT HOODIES FOR WINTER

Pick up a RDTT hoodie this winter for \$60.
Email Trent to order, including your size, by **14 May 2023**.
Payment on delivery – anticipated early June.



ADULTS' Sizes	2XS	XS	S	M	L	XL
HALF Chest (cm)	50	52.5	55	57.5	60	62.5
	2XL	3XL	4XL	5XL		
	65	67.5	70	72.5		

UPCOMING RACES

Ironman Australia and Ironman 70.3 Port Macquarie – 7 May
Ultraman Australia – 13-15 May
Byron Bay Triathlon– 13 May
Moreton Bay Triathlon – 14 May
Straddie Pure and Straddie Salute – 20 May
Brisbane Marathon Festival – 3-4 June
Ironman and 70.3 Cairns – 18 June
Townsville Triathlon Festival – 18-20 August

SPONSOR SPECIALS

10% discount on your entry to any event at the **Brisbane Marathon Festival** on 3-4 June 2023. Align your entry with the Red Dog Triathlon Training Team when registering to receive your discount at checkout.



10% discount on FISKI products (excl. swimskin)
Use the RDFISKI23 coupon code to receive your discount at checkout.



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 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](#).
