

Phase	NZ Chmps	Maadi	Ham Msts	Competitions	Location	Approx cost	Programme
General Prep							
Specific Prep - Pre Comp							
Specific Prep - Competition							
Taper							
Weeks to Major comp.							
Monday 19-Jun	34	39	44	<div style="border: 1px solid black; padding: 5px; text-align: center;"> General Preparation - Focusing on: Aerobic Endurance Technique and Efficiency Strength </div>			
Tuesday 20-Jun							
Wednesday 21-Jun							
Thursday 22-Jun							
Friday 23-Jun							
Saturday 24-Jun							
Sunday 25-Jun							
Monday 26-Jun	33	38	43				
Tuesday 27-Jun							
Wednesday 28-Jun							
Thursday 29-Jun							
Friday 30-Jun							
Saturday 1-Jul							
Sunday 2-Jul							
Monday 3-Jul	32	37	42				
Tuesday 4-Jul							
Wednesday 5-Jul							
Thursday 6-Jul							
Friday 7-Jul							
Saturday 8-Jul							
Sunday 9-Jul							
Monday 10-Jul	31	36	41	Winter Series 3	Whanganui	\$2.00	6 Km race
Tuesday 11-Jul							
Wednesday 12-Jul							
Thursday 13-Jul							
Friday 14-Jul							
Saturday 15-Jul							
Sunday 16-Jul							
Monday 17-Jul	30	35	40				
Tuesday 18-Jul							
Wednesday 19-Jul							
Thursday 20-Jul							
Friday 21-Jul							
Saturday 22-Jul							
Sunday 23-Jul							
Monday 24-Jul	29	34	39	Manawatu Grunt	Foxton	\$15.00	10Km race
Tuesday 25-Jul							
Wednesday 26-Jul							
Thursday 27-Jul							
Friday 28-Jul							
Saturday 29-Jul							
Sunday 30-Jul							
Monday 31-Jul	28	33	38	Register for development camp			
Tuesday 1-Aug							
Wednesday 2-Aug							
Thursday 3-Aug							
Friday 4-Aug							
Saturday 5-Aug							
Sunday 6-Aug							
Monday 7-Aug	27	32	37				
Tuesday 8-Aug							
Wednesday 9-Aug							
Thursday 10-Aug							
Friday 11-Aug							
Saturday 12-Aug							
Sunday 13-Aug							
Monday 14-Aug	26	31	36	Winter Series 4	Whanganui	\$2.00	6Km race
Tuesday 15-Aug							
Wednesday 16-Aug							
Thursday 17-Aug							
Friday 18-Aug							
Saturday 19-Aug							
Sunday 20-Aug							
Monday 21-Aug	25	30	35				
Tuesday 22-Aug							
Wednesday 23-Aug							
Thursday 24-Aug							
Friday 25-Aug							
Saturday 26-Aug							
Sunday 27-Aug							
Monday 28-Aug	24	29	34				
Tuesday 29-Aug							
Wednesday 30-Aug							
Thursday 31-Aug							
Friday 1-Sep							
Saturday 2-Sep							
Sunday 3-Sep							
Monday 4-Sep	23	28	33	Winter Series 5	Whanganui	\$2.00	6 km race
Tuesday 5-Sep							
Wednesday 6-Sep							
Thursday 7-Sep							
Friday 8-Sep							
Saturday 9-Sep							
Sunday 10-Sep							
Monday 11-Sep	22	27	32				
Tuesday 12-Sep							
Wednesday 13-Sep							
Thursday 14-Sep							
Friday 15-Sep							
Saturday 16-Sep							
Sunday 17-Sep							
Monday 18-Sep	21	26	31	RPC Development Camp	Blenheim	\$250.00	
Tuesday 19-Sep							
Wednesday 20-Sep							

Thursday	21-Sep
Friday	22-Sep
Saturday	23-Sep
Sunday	24-Sep

Monday	25-Sep
Tuesday	26-Sep
Wednesday	27-Sep
Thursday	28-Sep
Friday	29-Sep
Saturday	30-Sep
Sunday	1-Oct

Monday	2-Oct
Tuesday	3-Oct
Wednesday	4-Oct
Thursday	5-Oct
Friday	6-Oct
Saturday	7-Oct
Sunday	8-Oct

Monday	9-Oct
Tuesday	10-Oct
Wednesday	11-Oct
Thursday	12-Oct
Friday	13-Oct
Saturday	14-Oct
Sunday	15-Oct

Monday	16-Oct
Tuesday	17-Oct
Wednesday	18-Oct
Thursday	19-Oct
Friday	20-Oct
Saturday	21-Oct
Sunday	22-Oct

Monday	23-Oct
Tuesday	24-Oct
Wednesday	25-Oct
Thursday	26-Oct
Friday	27-Oct
Saturday	28-Oct
Sunday	29-Oct

Monday	30-Oct
Tuesday	31-Oct
Wednesday	1-Nov
Thursday	2-Nov
Friday	3-Nov
Saturday	4-Nov
Sunday	5-Nov

Monday	6-Nov
Tuesday	7-Nov
Wednesday	8-Nov
Thursday	9-Nov
Friday	10-Nov
Saturday	11-Nov
Sunday	12-Nov

Monday	13-Nov
Tuesday	14-Nov
Wednesday	15-Nov
Thursday	16-Nov
Friday	17-Nov
Saturday	18-Nov
Sunday	19-Nov

Monday	20-Nov
Tuesday	21-Nov
Wednesday	22-Nov
Thursday	23-Nov
Friday	24-Nov
Saturday	25-Nov
Sunday	26-Nov

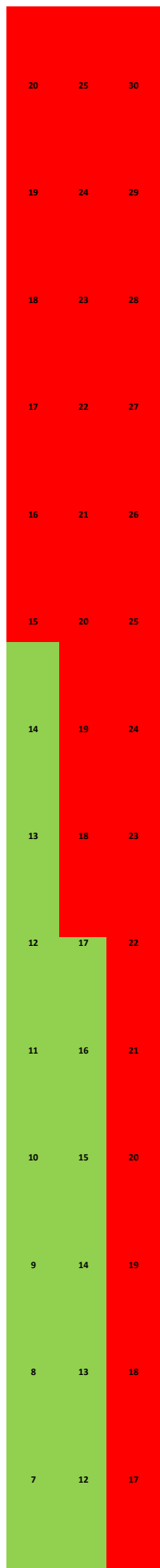
Monday	27-Nov
Tuesday	28-Nov
Wednesday	29-Nov
Thursday	30-Nov
Friday	1-Dec
Saturday	2-Dec
Sunday	3-Dec

Monday	4-Dec
Tuesday	5-Dec
Wednesday	6-Dec
Thursday	7-Dec
Friday	8-Dec
Saturday	9-Dec
Sunday	10-Dec

Monday	11-Dec
Tuesday	12-Dec
Wednesday	13-Dec
Thursday	14-Dec
Friday	15-Dec
Saturday	16-Dec
Sunday	17-Dec

Monday	18-Dec
Tuesday	19-Dec
Wednesday	20-Dec
Thursday	21-Dec
Friday	22-Dec
Saturday	23-Dec
Sunday	24-Dec

Monday	25-Dec
Tuesday	26-Dec
Wednesday	27-Dec
Thursday	28-Dec
Friday	29-Dec
Saturday	30-Dec
Sunday	31-Dec



Tonks Small Boats

Whanganui

\$2.00

6 Km race

Specific Preparation - Focusing on:
 Anaerobic Threshold
 Speed Endurance
 Anaerobic Capacity

Whanganui 10,000

Whanganui

\$5.00

10 Km Race in eights or small boats

Jury Cup Regatta

Whanganui

\$25.00

2000 metres division regatta - 3 to 4 races each

Billy Webb Challenge

Whanganui

\$40.00

6 Km race

Johns Trophy

Waitara

\$30.00

1200 metres division regatta - 3 to 4 races each

Travel

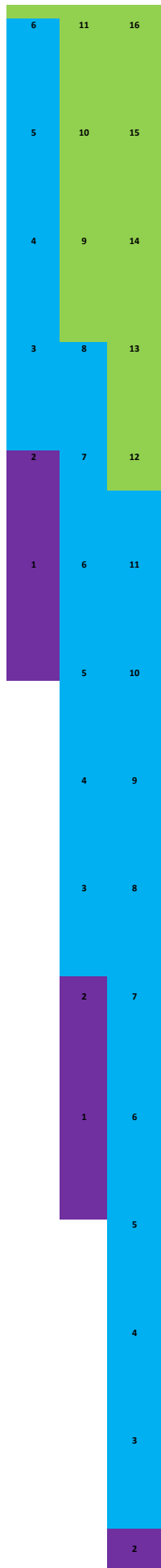
Xmas Regatta

Karapiro

\$200.00

2000 metre regatta - heats and finals

Monday	1-Jan
Tuesday	2-Jan
Wednesday	3-Jan
Thursday	4-Jan
Friday	5-Jan
Saturday	6-Jan
Sunday	7-Jan
Monday	8-Jan
Tuesday	9-Jan
Wednesday	10-Jan
Thursday	11-Jan
Friday	12-Jan
Saturday	13-Jan
Sunday	14-Jan
Monday	15-Jan
Tuesday	16-Jan
Wednesday	17-Jan
Thursday	18-Jan
Friday	19-Jan
Saturday	20-Jan
Sunday	21-Jan
Monday	22-Jan
Tuesday	23-Jan
Wednesday	24-Jan
Thursday	25-Jan
Friday	26-Jan
Saturday	27-Jan
Sunday	28-Jan
Monday	29-Jan
Tuesday	30-Jan
Wednesday	31-Jan
Thursday	1-Feb
Friday	2-Feb
Saturday	3-Feb
Sunday	4-Feb
Monday	5-Feb
Tuesday	6-Feb
Wednesday	7-Feb
Thursday	8-Feb
Friday	9-Feb
Saturday	10-Feb
Sunday	11-Feb
Monday	12-Feb
Tuesday	13-Feb
Wednesday	14-Feb
Thursday	15-Feb
Friday	16-Feb
Saturday	17-Feb
Sunday	18-Feb
Monday	19-Feb
Tuesday	20-Feb
Wednesday	21-Feb
Thursday	22-Feb
Friday	23-Feb
Saturday	24-Feb
Sunday	25-Feb
Monday	26-Feb
Tuesday	27-Feb
Wednesday	28-Feb
Thursday	1-Mar
Friday	2-Mar
Saturday	3-Mar
Sunday	4-Mar
Monday	5-Mar
Tuesday	6-Mar
Wednesday	7-Mar
Thursday	8-Mar
Friday	9-Mar
Saturday	10-Mar
Sunday	11-Mar
Monday	12-Mar
Tuesday	13-Mar
Wednesday	14-Mar
Thursday	15-Mar
Friday	16-Mar
Saturday	17-Mar
Sunday	18-Mar
Monday	19-Mar
Tuesday	20-Mar
Wednesday	21-Mar
Thursday	22-Mar
Friday	23-Mar
Saturday	24-Mar
Sunday	25-Mar
Monday	26-Mar
Tuesday	27-Mar
Wednesday	28-Mar
Thursday	29-Mar
Friday	30-Mar
Saturday	31-Mar
Sunday	1-Apr
Monday	2-Apr
Tuesday	3-Apr
Wednesday	4-Apr
Thursday	5-Apr
Friday	6-Apr
Saturday	7-Apr
Sunday	8-Apr
Monday	9-Apr
Tuesday	10-Apr



Hawkes Bay	Clive	\$125.00	1500 metre regatta - heats day 1, finals day 2
<p style="text-align: center;">Competition Preparation - Focusing on</p> <p style="text-align: center;">Race Specific Skills</p> <p style="text-align: center;">Maintenance of Key Components: Anaerobic Threshold Aerobic Endurance Speed Endurance</p>			
Entries NZ Champs Open			
Training Camp	Karapiro	\$200.00	
Cambridge Town Cup	Karapiro	\$250.00	2000 metre regatta - heats and finals
<p style="text-align: center;">Taper period</p> <p style="text-align: center;">Focusing on being in best condition for best race</p>			
Whanganui Club Champs	Whanganui	\$35.00	2000 metre regatta - heats and finals
Travel?			
NZ Club Champs	Karapiro	\$250.00	2000 metre regatta - heats and finals
Travel			
NI Secondary School Champs	Karapiro	\$250.00	2000 metre regatta - heats and finals
Whanganui Secondary School Champs	Whanganui	\$25.00	2000 metre regatta - heats and finals
Travel			
Nz Secondary School Champs (Maadi)	Twizel	\$450.00 + flight costs	

Wednesday	11-Apr
Thursday	12-Apr
Friday	13-Apr
Saturday	14-Apr
Sunday	15-Apr
Monday	16-Apr
Tuesday	17-Apr
Wednesday	18-Apr
Thursday	19-Apr
Friday	20-Apr
Saturday	21-Apr
Sunday	22-Apr
Monday	23-Apr
Tuesday	24-Apr
Wednesday	25-Apr
Thursday	26-Apr
Friday	27-Apr
Saturday	28-Apr
Sunday	29-Apr

1
travel
Legion Masters Regatta
Hamilton
\$55.00