



Stirling Saints Pre-Season Training Program



January 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Public Holiday New Years Day	2 Public Holiday New Years Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 6:00pm Richard Guelfi (runners)	18	19 6:00pm Richard Guelfi (runners)	20	21
22	23	24 6:00pm Lake Monger (runners)	25	26 Public Holiday Australia Day	27	28
29	30	31 6:00pm Richard Guelfi (runners/boots)				

February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 6:00pm Richard Guelfi (runners/boots)	3	4
5	6	7 6:00pm Carine Open Space (runners)	8	9 6:00pm Richard Guelfi (runners/boots)	10	11
12	13	14 6:00pm Kings Park DNA Tower (runners)	15	16 6:00pm Richard Guelfi (runners/boots)	17	18
19	20	21 6:00pm Trigg Beach (runners/towel)	22	23 6:00pm Richard Guelfi (runners/boots)	24	25
26	27	28 6:00pm Richard Guelfi (runners)	29			

March 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6:00pm Richard Guelfi (runners/boots)	2	3
6	7 Public Holiday Labour Day	8 6:00pm Warwick SHS (runners) (parking off Lloyd St)	9	10 6:00pm Richard Guelfi (runners/boots)	11	12 Camp Club Capricorn
13 Camp Club Capricorn	14	15 6:00pm Richard Guelfi (runners/boots)	16	17 6:00pm Richard Guelfi (runners/boots)	18	19 Scratch Match vs Swan Athletic Richard Guelfi
20	21	22 6:00pm Richard Guelfi (runners/boots)	23	24 6:00pm Richard Guelfi (runners/boots)	25	26 Scratch Match vs West Coast TBC
27	28	29 6:00pm Richard Guelfi (runners/boots)	30	31 6:00pm Richard Guelfi (runners/boots)		32 Scratch Match vs Wanneroo Richard Guelfi

April 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 6:00pm Richard Guelfi (boots)	4	5 6:00pm Richard Guelfi (boots)	6 Public Holiday Good Friday	7 Public Holiday Easter Saturday
8 Public Holiday Easter Sunday	9 Public Holiday Easter Monday	10 6:00pm Richard Guelfi (boots)	11	12 6:00pm Richard Guelfi (boots)	13	14 Round 1
15	16	17 6:00pm Richard Guelfi (boots)	18	19 6:00pm Richard Guelfi (boots)	20	21 Round 2
22	23	24 6:00pm Richard Guelfi (boots)	25	26 6:00pm Richard Guelfi (boots)	27	28 Round 3
29	30					