

# Group Training, Days & Locations

**QUICK** AS  
**THIEVES**

**RunningSucks™**

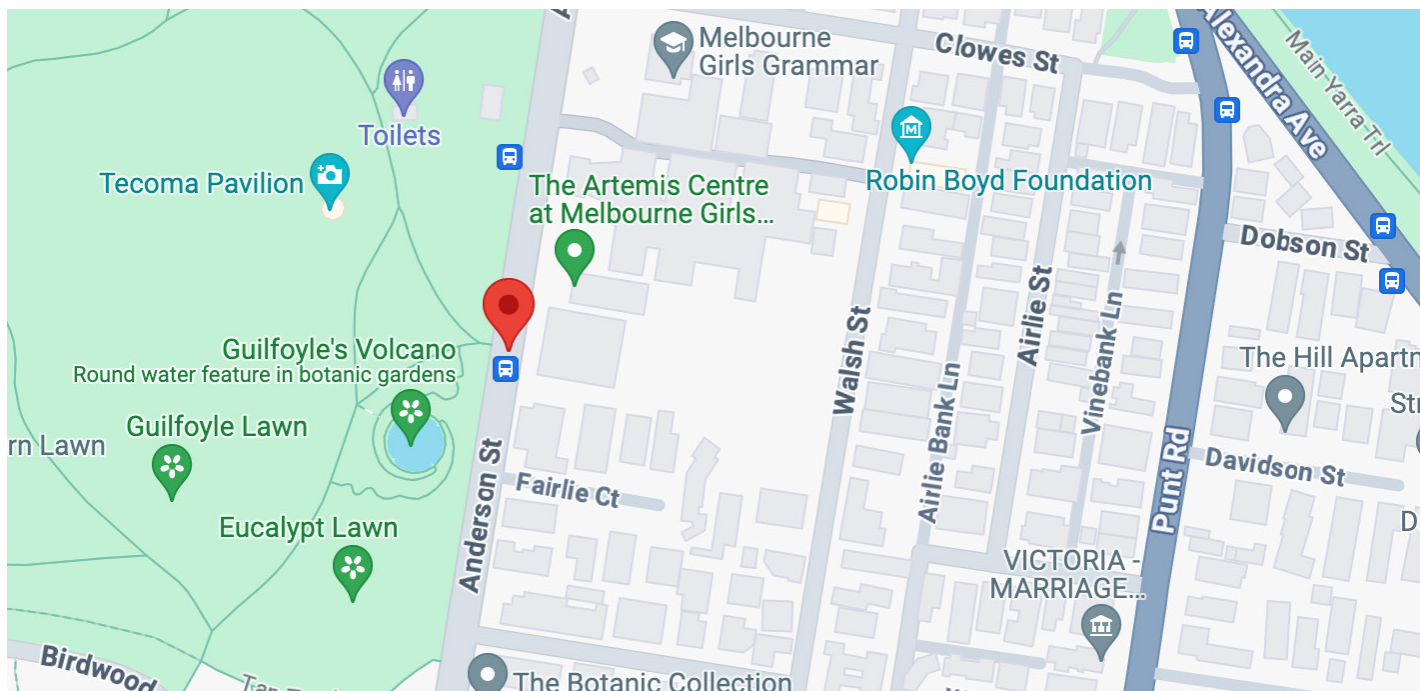
Welcome runners to this years Quick as Thieves. The group training sessions are below, and we encourage as many as possible of you to come along and join our amazing community. Training is always more fun when in a group and many long standing friendships have been made as a result of the groups. So please come along, get involved and enjoy both the social and physical benefits of the group training

There are 3 points we are going to be meeting at for training, and training will be happening 5 days a week.

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## The Tan

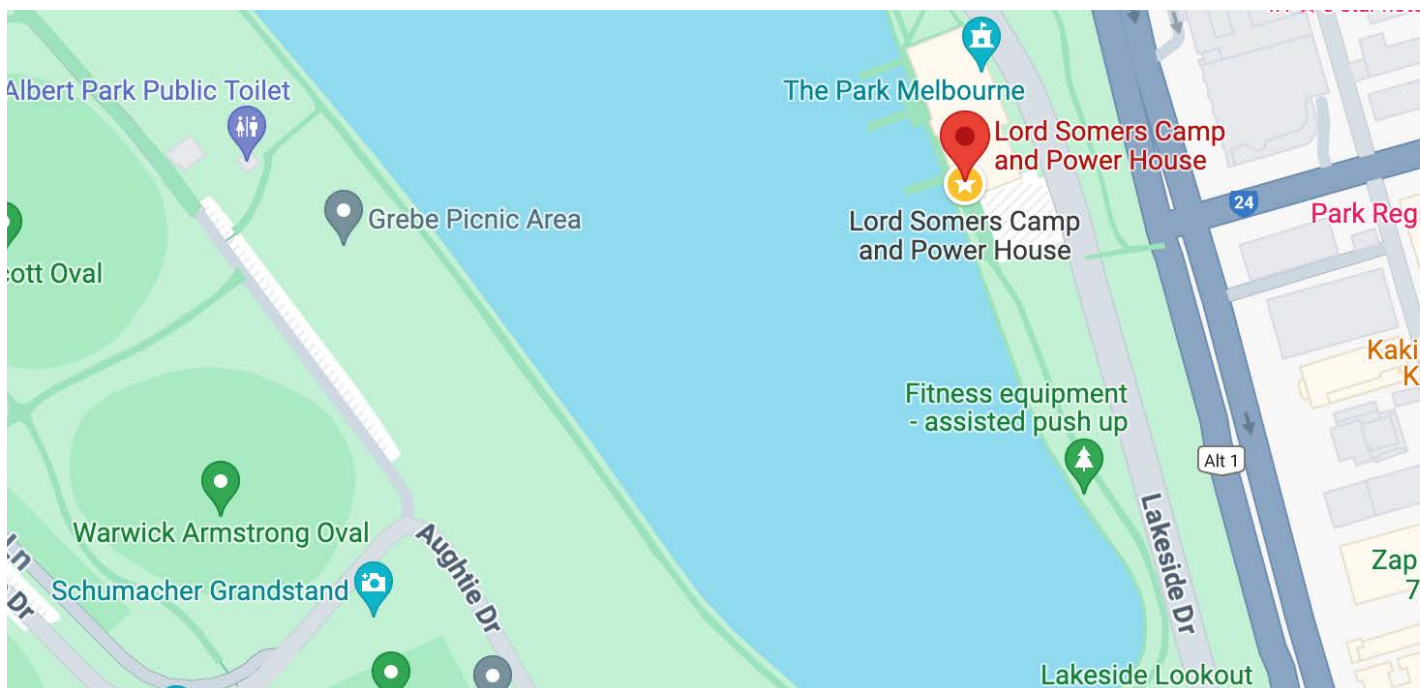
[Click here for exact location](#)



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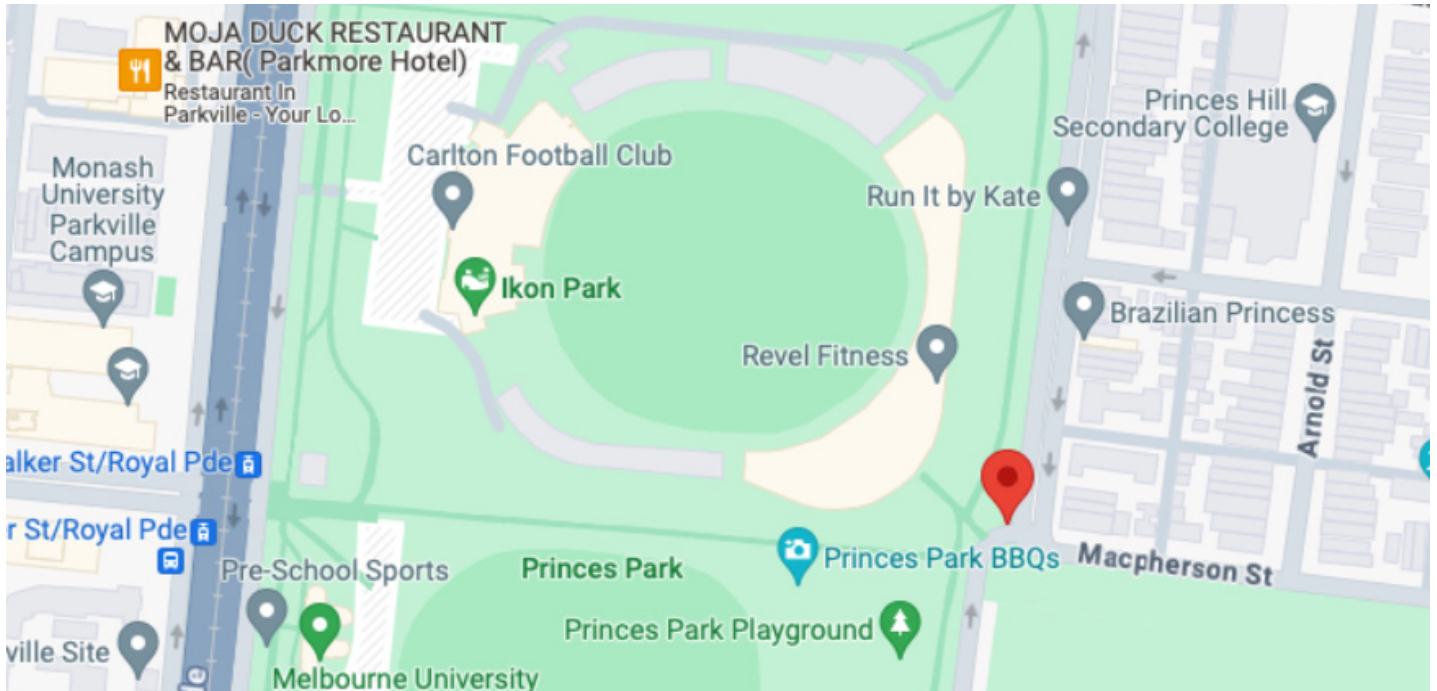
## Albert Park Lake

[Click here for exact location](#)



# Northside: Princess Park

[Click here for exact location](#)



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Tuesday:	7am-8am @ Albert Park Lake.
Wednesday:	6.30pm-7.30pm @ The Tan
Thursday:	6.45am-7.45am @ Northside
Thursday:	6.30am-7.30am @ The Tan
Friday:	7am-8.00am: The Tan
Friday:	6.30pm-7.30pm: Albert Park Lake
Saturday:	8am-10am: Albert Park Lake

## Notes:

Albert park lake: Group leaves at 7, and then 7.30 from the boat shed (Takes approximately half an hour to complete one lap, so come at either time, or for both).

Tan: Runners will run down Anderson St Hill and then turn left into toward the city.

Princess Park: Runners run toward the city initially and then turn right onto Royal Parade.

QUICK <sup>AS</sup>  
THIEVES

Music  
Community  
Marathon

Albert Park  
Saturday  
May 11.2024