

RAF Halton Triathlon Train with Us Offer: Session Content

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Commencing 20/6/16	Club Swim 2100-2200	Strength and Conditioning 2000-2100	Brick Training 1900-2100	Club Swim 2030-2200		OW Swim 0630-0800 Phoenix Run 0900-1000	Tour de Vale No Club Ride
Week Commencing 27/6/16	Club Swim 2100-2200	Strength and Conditioning 2000-2100	Open Water Swim 1830-2000	Club Swim 2030-2200		Park Run 0900-1000	Club Ride 0830-1130
Week Commencing 4/7/16	Club Swim 2100-2200	Strength and Conditioning 2000-2100	Brick Training 1900-2100	Club Swim 2030-2200		OW Swim 0630-0800 Phoenix Run 0900-1000	Club Ride 0830-1130
Week Commencing 11/7/16	Club Swim 2100-2200	Strength and Conditioning 2000-2100	Open Water Swim 1830-2000	Club Swim 2030-2200		Trail Run 0900-1000	Ride the Route 0830-1030
Week Commencing 18/7/16	Club Swim 2100-2200	Strength and Conditioning 2000-2100	Brick Training 1900-2100	Club Swim 2030-2200		OW Swim 0630-0800 Track 0900-1000	Club Ride 0830-1130
Week Commencing 25/7/16	Club Swim 2100-2200	Strength and Conditioning 2000-2100	Open Water Swim 1830-2000	Club Swim 2030-2200		Park Run 0900-1000	RAF HALTON TRIATHLON

The sessions above are subject to change dependent on weather conditions and facilities. SM Tri is also running a “Transition Training” session, date and venue TBC.

Key: OW – open water held at West Thorpe Lake Marlow, Strength and Conditioning sessions held at Halton Tennis Centre, Club Swims and track sessions held at Stoke Mandeville Stadium, Brick Sessions completed at Eythrope, Stone. See additional details re Ride the Route and Transition Session