

Winter Training Schedule Oct-April

| Winter Training Schedule Oct-April | | | | | | |
|------------------------------------|--|---------|--------------------------------------|---|--|--|
| | Monday | Tuesday | Wednesday | Thursday | Saturday | Sunday |
| Swim | Lonsdale pool | | | Etwall Leisure Centre | | |
| | Uncoached Adult Swim 7:50 - 8:50 (Max 12) | | | Coached Adult Swim Coached Junior Swim 19:00- 20:00 | | |
| | Coached Junior Swim 19:50 - 20:50 (Max 4) | | | | | |
| Bike | | | | | Winter Social Rides 09:00:00 See FB page for ride information | Ad Hoc Social rides, see Facebook group for information, which is usually poasted Friday or Saturday. |
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| Run | | | Junior Track Session 19:00- 19:45 | | Park Run League? See website for changes do to COVID | Cross Country League? See website |
| | | | Adult Track Session 19:00- 20:00 | | | Monthly Social Run See website/Facebook |
| | | | Moorways Stadium | | | |

Summer Training Schedule April- Oct

| Summer Training Schedule April- Oct | | | | | | |
|-------------------------------------|---|--|---|--|---|--|
| | Monday | Tuesday | Wednesday | Thursday | Saturday | Sunday |
| Swim | Coached Junior Swim 1930-2030 Lonsdale Pool | Repton School | Open Water Swim 17:30- 19:30 Barton Marina Available to all strong Swimmers (400m +). Closes Mid September due to sunset. | Junior Triathlon sessions 18:00 - 20:00 (TS3 & Youth) 18:45 - 20:00 (younger) | Open Water Swim 09:00- 11:00 Barton Marina | |
| | | Coached Adult Swim Including Novice Lane. Pool intrin timetable means these may not be available. | | *Summer Series See Schedule 19:00 in the pool. | *Summer Series See Schedule | |
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| Bike | | Time Trial | | *Summer Series See Schedule | Summer Social Rides 09:00 or as specified See FB page for details Adults only | Ad Hoc Social rides, see Facebook group for information, which is usually poasted Friday or Saturday. |
| | | Registration 18:30 | | | | |
| | | Cricket Pavillion | | | | |
| Run | | Repton | | Junior Triathlon sessions 18:00 - 20:00 (TS3 & Youth) 18:45 - 20:00 (TS2 & younger) | *Summer Series See Schedule | Monthly Social Run See Schedule |
| | | | | *Summer Series See Schedule | *Summer Series See Schedule | |
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* Summer Series events are held throughout the summer on specific Thursdays & Saturdays.
No club sessions usually scheduled on Fridays.