

Triathlon Training Timetable

April

15th	16th	17th	18th	19th	20th
Swimming 19:00-20:00		Running 1845-1945	Spinning + Social 1930-2030		
22nd	23rd	24th	25th	26th	27th
Swimming 1900-2000		Running 1845-1945	Cycling 1830-2030		

May

29th	30th	1st	2nd	3rd	4th
Swimming 1900-2000		Running 1845-1945	Spinning + Theory session 1930-2030		
6th	7th	8th	9th	10th	11th
Swimming 1900-2000		Running 1845-1945	Cycling 1830-2030		
13th	14th	15th	16th	17th	18th
Swimming 1900-2000		Running 1845-1945	Spinning 1930-2030		
20th	21st	22nd	23rd	24th	25th
Swimming 1900-2000		Running 1845-1945	Cycling 1830-2030		

June

27th	28th	29th	30th	31st	1st
	Outdoor Swimming 1730-1830	Running 1845-1945			
3rd	4th	5th	6th	7th	8th
	Outdoor Swimming 1730-1830	Running 1845-1945	Cycling 1730-1930		
10th	11th	12th	13th	14th	15th
	Outdoor Swimming 1730-1830	Running 1845-1945	Spinning 1930-2030		
17th	18th	19th	20th	21st	22nd
Swimming 1900-2000					

21st

28th

5th

12th

19th

26th

2nd

9th

16th

23rd

Triathlon

