

**Rochdale Triathlon Club weekly sessions - members and non members welcome.**

Day	Activity	Time	Venue	Price RTC/Non	Coach	Ideal for:					Session Description
						<16	Beg.	Int.	Adv.	Per.	
Mon	Swim	06:00-07:00	Middleton Arena, M24 1AG (Far 3 lanes)	£3/£5	Danny & Shirley			✓	✓	✓	3 lanes classic triathlon based swim sets, working on strength & endurance. Expect drills, speedwork & pacing. Just because it's early, don't presume you won't have to think...
	Cycle	19:30-21:00	Tameside Cycle Circuit, OL7 9HG (Cycle track)	£3/£5	Danny & Martin	✓	✓	✓	✓	✓	Traffic-free, tarmac, floodlit 1km circuit, ideal for honing bike skills or for developing power & endurance with interval chaingang sessions. Road bike recommended.
Tue	Swim	19:15-20:15	Middleton Arena, M24 1AG (Far 3 lanes)	£3/£5	Steven, Martin, Graham & Simon	✓		✓	✓		1 lane for junior stroke development. 2 lanes classic triathlon based swim sets, working on strength & endurance. Expect drills, speedwork & pacing.
	Swim	20:15-21:15	Middleton Arena, M24 1AG (Far 3 lanes)	£3/£5	Graham & Carly		✓		✓	✓	1 lane for adult stroke development. 2 lanes classic triathlon based swim sets, working on strength & endurance. Expect drills, speedwork & pacing.
Wed	Run	19:00-20:15	Kingsway Park High School, OL16 4XA (Run track)	£2	Brian	✓	✓	✓	✓	✓	Brian will work you hard in this open, speed-endurance session that will push even the strongest of runners. Great sessions for building speed & fitness.
Thu	Run	19:00-20:30	Middleton Arena, M24 1AG (Reception)	£0	Shirley	✓	✓	✓	✓	✓	Pack run with hills, interval & sprint reps - do as many or as little as you feel. Shirley will push you hard in this one. In summer, mainly off road woodland, in winter, primarily road.
	Swim	21:00-22:00	Middleton Arena, M24 1AG (Whole pool)	£3/£5	Trevor, Rob & Matt		✓	✓	✓	✓	2 lanes covering a masterclass in technique transformation. 4 lanes with varied swim sets, including high intensity, endurance & speedwork.
Sun	Cycle	09:30	Littleborough monument	£0	Uncoached			✓	✓	✓	The Sunday Social Ride is scheduled every week. Attendance peaks & troughs, but usually 20-40 miles with a café stop. Must be self-sufficient but nobody is left behind.

Ability Descriptors		
Category	Skill level	pace per 100m
Beginner	Requiring technical advice, unfit or new to the sport	>2:30
Intermediate	Comfortable with the basics. 8:30-10:00 for 400m swim	2:08-2:30
Advanced	Strong skills, 7:00-8:30 for 400m swim	1:45-2:08
Performance	Strong skills, under 7:00 for 400m swim	<1:45