



Day	Activity	Time	Venue	Price			Coach	Ideal for:					Session Description
				<16	RTC	Non		<16	Beg	Int	Adv	Per	
Mon	Run	19:00-20:15	Kingsway Park High School, OL16 4XA (Run track)	£2	£2	£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.
Tue	Swim	19:15-20:15	Middleton Arena, M24 1AG (3 lanes)	£1	£3	£5	Steven & Nick	✓		✓	✓		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 (3 lanes)	-	£3	£5	Graham & Danny		✓		✓	✓	1 lane for adult stroke development. 2 lanes classic triathlon based swim sets, working on strength & endurance. Expect drills, speedwork & pacing.
Wed	Indoor Cycle	20:00-21:00	Middleton Arena, M24 1AG (Spin studio)	£1	£3	£5	Nick & Martin	✓	✓	✓	✓	✓	Triathlon-specific cycling sessions designed to keep you strong and fit over winter. Expect intense efforts, seated climbs, and a variety of gears and cadence. Optional brick run.
Thu	Run	19:00-20:30	Middleton Arena, M24 1AG (Reception)	£0	£0	£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 on-road.
	Swim	21:00-22:00	Middleton Arena, M24 1AG (6 lanes)	-	£3	£5	Karen, Rob & Trevor		✓	✓	✓	✓	2 lanes covering a masterclass in technique transformation. 4 lanes with varied swim sets, including high intensity, endurance & speedwork.
Sat	Strength & Conditioning	8:15-9:15	Metcon PT, Tong Lane, Whitworth OL12 8BG	£1	£3	£5	Matt	✓	✓	✓	✓	✓	Triathlon-specific strength and conditioning sessions with the aim of increasing performance, preventing injury and maintaining good movement patterns all year round.
Sun	Cycle	09:30	Littleborough monument	£0	£0	£0	No coach	✓	✓	✓	✓	✓	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