

Rochdale Triathlon Club weekly sessions

Day	Activity	Time	Venue	Cost Adult / Jun.	Coach	Ability				Session Description
						<16	Beg	Int	Adv	
Mon	Cycle (April-September)	19:00-21:00	Tameside Cycle Circuit, OL7 9HG (Cycle track)	£4.00 / £2.00	Martin, Danny & John	Y	Y	Y	Y	Traffic-free, tarmac, floodlit 1km circuit, ideal for honing bike skills and for developing power and endurance with interval chaingang sessions. Road bike recommended.
Tue	Swim	19:15-20:15	Middleton Arena, M24 1AG (Far 3 lanes)	£3.50 / £1.50	John & Steve	Y		Y	Y	1 lane for junior stroke development. 2 lanes classic triathlon based swim sets, working on strength and endurance. Expect drills, speedwork and pacing.
	Swim	20:15-21:15	Middleton Arena, M24 1AG (Far 3 lanes)	£3.50 / £1.50	Paul & Graham		Y	Y	Y	3 lanes classic triathlon based swim sets, working on strength and endurance. Expect drills, speedwork and pacing.
Wed	Run	19:00-20:00	Kingsway Park High School, OL16 4XA (Run track)	£2.00 (cash)	Brian	Y	Y	Y	Y	Brian will work you hard in this open, speed-endurance session that will push even the strongest of runners. Great sessions for building speed and fitness.
Thu	Run	19:00-20:30	Middleton Arena, M24 1AG (Reception)	£0.00	Shirley & Paul	Y	Y	Y	Y	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)	£3.50 / £1.50	Trev, Graham, Karen & Matt		Y	Y	Y	Karen leads a masterclass in technique transformation. More varied swim sets with Trevor & other coaches, including high intensity, endurance and speedwork.
Sun	Cycle	09:30	Littleborough monument	£0.00	Uncoached			Y	Y	The uncoached Sunday Social Ride is scheduled every week. Attendance peaks and troughs, but usually 20-40 miles with a café stop. Must be self-sufficient to ride.

Swim Level Descriptors	
Beginner	Can swim at least 4 lengths in less than 3:00
Intermediate	Can swim 400m in between 7:00 and 9:00 minutes
Advanced	Can swim 400m in less than 7:00 minutes, competent pool skills