

**Rochdale Triathlon Club weekly sessions - Winter 2018/2019**

Day	Activity	Time	Venue	Price Adult/Jun	Coach	Ability				Session Description
						<14	Beg	Int	Adv	
Mon	Track Run	19:00-20:00	Kingsway Park School, OL16 4XA	£2.00	Brian	Y	Y	Y	Y	You will work hard in this open, speed-endurance session that will push even the strongest of runners. Great sessions for building speed and fitness.
Tue	Pool Swim	19:15-20:15	Middleton Arena, M24 1AG	£3.50/£1.50	Steve & John	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.
	Pool Swim	20:15-21:15	Middleton Arena, M24 1AG	£3.50/£1.50	Paul, Martin & Graham		Y	Y	Y	3 lanes classic triathlon based swim sets, working on strength and endurance. Expect drills, speedwork and pacing.
Wed	Track Run	18:30-19:30	Kingsway Park School, OL16 4XA	£2.00	Brian	Y	Y	Y	Y	You will work hard in this open, speed-endurance session that will push even the strongest of runners. Great sessions for building speed and fitness.
	Indoor Cycle	20:00-21:00	David Lloyd, M24 4TH	£3.50/£1.50	Nick	Y	Y	Y	Y	Structured indoor cycle session on fixed wheel spin bikes. Ideal for keeping fitness over winter, building strength and improving stamina. Drink and towel recommended.
	Pool Swim	21:00-22:00	David Lloyd, M24 4TH	£3.50/£1.50	Various			Y	Y	Aimed at more advanced swimmers, this will be a tough session with lots of hard efforts working on the clock to build strength and speed, with limited recovery/rest.
Thu	Run	19:00-20:30	Middleton Arena, M24 1AG	£0	Shirley & Paul	Y	Y	Y	Y	Pack run with hills, interval & sprint reps - do as many or as little as you feel. In summer, mainly off road woodland, in winter, primarily road.
	Pool Swim	21:00-22:00	Middleton Arena, M24 1AG	£3.50/£1.50	Kim, Trevor & Karen		Y	Y	Y	Space for beginners to develop their stroke and technique, alongside lanes for varied swim sets including high intensity, endurance and speedwork.
Sat	Training Morning (2nd & 4th Saturdays)	08:00-11:30	David Lloyd, M24 4TH	£8.00 (£10.00 non-members)	DLP Multisport Coaches	Y	Y	Y	Y	Triathlon training mornings provided by DLP Multisport Coaching - discounted for RTC members to £8.00. Expect spin, brick run, swim and gym sessions in an action packed morning!
Sun	Cycle	09:30	Littleborough monument	£0	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 100m in under 3:00
Intermediate	Can swim 400m in under 10:00
Advanced	Can swim 400m in under 8:00