

April - July 2024

WK	Date	Time	Who	Type	Equipment	Dry emphasis	Wet emphasis	Location
1	07.04.24	Sunday		EVENT	TORBAY TRIATHLON			
2	13.04.24	12:30	Club	Training	Bike-Run-Swim	Bike control- Brick session	Open Water practise - Buoys	Field-Pool
3	20.04.24	12:30	Club	Training	Bike-Run-Swim	BLEEPTTEST-brick-race prep	Open Water Practise - Sighting	Tennis-Pool
4	27.04.24	12:30	Club	Training	Bike-Run-Swim	DUATHON TIMING	Open water Practise - Draft	Field-Pool
	02.05.24	18:00	Club	Training	Run/Swim-wetsuits	Lake 62	Lake 62	SN6 6QX
5	04.05.24	Saturday		EVENT	OLDBURY TRIATHLON			
	09.05.24	18:00	Club	Training	Run/Swim-wetsuits	Lake 62	Lake 62	SN6 6QX
6	11.05.24	12:30	Club	Training	Bike-Run-Swim	Endurance	Catch drills and speed	Field-Pool
	16.05.24	18:00		Training	Run/Swim-wetsuits	Lake 62	Lake 62	SN6 6QX
7	18.05.24	Saturday		EVENT	BATH DUATHLON			
	19.05.24	Sunday		EVENT	GLOUCESTER TRIATHLON			
8	25.05.24	Saturday		EVENT	VALE TRIDENTS AQUATHLON			
9	01.06.24	Saturday		EVENT	BRISTOL TRIATHLON			
10	09.06.24	Sunday		EVENT	VALE TRIDENTS TRIATHLON			
11	15.06.24	12:30	Club	Training	Bike-Run-Swim	Hill repeats and sprints	Arm drills	Folly-Pool
12	22.06.24	12:30	Club	Training	Bike-Run-Swim	Endurance	Alignment drills [TURBO SET]	Field-Pool/Studio
13	29.06.24	Saturday		EVENT	MALLORY PARK TRIATHLON			
14	06.07.24	12:30	Club	Training	Bike-Run-Swim	Fartlek workout	Kick drills	Field-Pool
15	13.07.24	12:30	Club	Training	Bike-Run-Swim	Brick session	Endurance & speed	Field-Pool
16	20.07.24	12:30	Club	Training	Bike-Run-Swim	Awards & summer games	Pool games	Field/tennis-Pool
Summer Break								

NOTE 1: Training will not take place on the following weekends:

- 6 April (Easter holidays)
- 4 May (Oldbury Triathlon)
- 18 May (Bath and Gloucester Triathlons)
- 25 May (VT Aquathlon)
- 1 June (Bristol Triathlon)
- 8 June (VT Triathlon 9 June)
- 29 June (Mallory Park Triathlon)

NOTE 2: Open Water training is on a Thursday evening at Lake 62 (2, 9 and 16 May)