

		ADULTS	JUNIORS	MIXED	Sessions are adapted for differing ability levels			
Phase	w/c	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WINTER BASE TRAINING	08-Nov	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	TURBO + RUN CPSIC 6.15-7.30pm	CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	No Session	Hillingdon Duathlon
			SWIM St Jo's College 8-9.55pm Endurance/Technique	11km Long Run with Hills	Endurance / Technique	SWIM Trinity School 8-9.30pm	Run session Top car park 9am	Bike Elmers End 2 -4hrs
	15-Nov	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	RUN CP TRACK 6.15-7.30pm	CP TRACK 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Bike + Run CP park 8.45 - 10am PARAGON RIDE 12YRS +	BIKE
			SWIM St Jo's College 8-9.55pm Endurance/Technique	800M - 1200M reps	Endurance / Technique	SWIM Trinity School 8-9.30pm	NEWPORT TRACK SESSION	NEWPORT ROAD RIDE
	22-Nov	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	TURBO + RUN CPSIC 6.15-7.30pm	CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	JUNIOR SOCIAL & AWARDS PARTY 10AM	CP 50M Pool 1.30pm -3pm
			SWIM St Jo's College 8-9.55pm Endurance/Technique	9Km Fartlek	Endurance / Technique	SWIM Trinity School 8-9.30pm	No Session	Bike Elmers End 2 -4hrs
	29-Nov	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	RUN CP TRACK 6.15-7.30pm	CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Bike + Run CP park 9-10.30am PARAGON RIDE 12YRS +	BIKE Elmers End 8.45am
			SWIM St Jo's College 8-9.55pm Endurance/Technique	11Km Hilly Fartlek	Endurance / Technique	SWIM Trinity School 8-9.30pm	Turbo + Run session CPSIC 9 - 10.30am	Ability groups endurance ride 2-4hrs
	06-Dec	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	TURBO + RUN CPSIC 6.15-7.30pm	CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Bike @ Richmond PK 9.30-11.30am	CP 50M Pool 1.30pm -3pm
			SWIM St Jo's College 8-9.55pm Endurance/Technique	11Km Aerobic Endurance	Endurance / Technique	SWIM Trinity School 8-9.30pm	No Session	Bike Elmers End 2 -4hrs
13-Dec	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	RUN CP TRACK 6.15-7.30pm	CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Bike + Run CP park 9-10.30am PARAGON RIDE 12YRS +	BIKE Elmers End 8.45am	
		SWIM St Jo's College 8-9.55pm Endurance/Technique	9km Fartlek	Endurance / Technique	SWIM Trinity School 8-9.30pm	No Session	Ability groups endurance ride 2-4hrs	
20-Dec	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	NO SESSION	CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	Christmas Eve	Merry Christmas	BOXING DAY	
		No Session	9Km Santa Safari	Endurance / Technique	Christmas Eve	Merry Christmas		
27-Dec	NO SESSION	NO SESSION	CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	New Years Eve	Happy New Year	BIKE Elmers End 8.45am	
		No Session	X Country Run	Endurance / Technique	New Years Eve	Happy New Year	Ability groups endurance ride 2-4hrs	
03-Jan	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	RUN CP TRACK 6.15-7.30pm	CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Bike @ Richmond PK Under 12 Yrs 9.30am PARAGON RIDE 12YRS +	BIKE Elmers End 8.45am	
		SWIM St Jo's College 8-9.55pm Endurance/Technique	10km Hill Loop	Endurance / Technique	SWIM Trinity School 8-9.30pm	No Session	Ability groups endurance ride 2-4hrs	
10-Jan	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	TURBO + RUN CPSIC 6.15-7.30pm	CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Run CP top car park 9-10.30am	BIKE Elmers End 8.45am	
		SWIM St Jo's College 8-9.55pm Endurance/Technique	12km Aerobic Endurance	Endurance / Technique	SWIM Trinity School 8-9.30pm	Run to the hills CP top car park 9-10.30am	Ability groups endurance ride 2-4hrs	

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17-Jan	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	RUN CP TRACK 6.15-7.30pm	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Bike + Run CP park 9-10.30am PARAGON RIDE 12YRS +	CP 50M Pool 1.30pm -3pm
		SWIM St Jo's College 8-9.55pm Endurance/Technique	10 km Fartlek	Endurance / Technique	SWIM Trinity School 8-9.30pm	No Session	Bike Elmers End 2 -4hrs
24-Jan	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	TURBO + RUN CPSIC 6.15-7.30pm	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Run CP top car park 9-10.30am	BIKE Elmers End 8.45am
		SWIM St Jo's College 8-9.55pm Endurance/Technique	Hill Reps	Endurance / Technique	SWIM Trinity School 8-9.30pm	Run CP top car park 9-10.30am	Ability groups endurance ride 2-4hrs
31-Jan	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	RUN CP TRACK 6.15-7.30pm	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Bike + Run CP park 9-10.30am PARAGON RIDE 12YRS +	BIKE Elmers End 8.45am
		SWIM St Jo's College 8-9.55pm Endurance/Technique	12km Aerobic Endurance	Endurance / Technique	SWIM Trinity School 8-9.30pm	No Session	Ability groups endurance ride 2-4hrs
07-Feb	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	TURBO + RUN CPSIC 6.15-7.30pm	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Run CP top car park 9-10.30am	CP 50M Pool 1.30pm -3pm
		SWIM St Jo's College 8-9.55pm Endurance/Technique	9k Fartlek	Endurance / Technique	SWIM Trinity School 8-9.30pm	Run CP top car park 9-10.30am	Bike Elmers End 2 -4hrs
14-Feb	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	RUN CP TRACK 6.15-7.30pm	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Bike + Run CP park 9-10.30am PARAGON RIDE 12YRS +	BIKE Elmers End 8.45am
		SWIM St Jo's College 8-9.55pm Endurance/Technique	10k Hill loop	Endurance / Technique	SWIM Trinity School 8-9.30pm	No Session	Ability groups endurance ride 2-4hrs
21-Feb	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	No Session	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Bike @ Richmond PK 9.30-11.30am	BIKE Elmers End 8.45am
		SWIM St Jo's College 8-9.55pm Endurance/Technique	11Km Aerobic Endurance	Endurance / Technique	SWIM Trinity School 8-9.30pm	No Session	Ability groups endurance ride 2-4hrs
28-Feb	CP Pool 1 Lane (Sub 7min for 400m) 7.30-8.30pm	TURBO + RUN CPSIC 6.15-7.30pm	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM Trinity School 7.30-8.30pm	Run CP TRACK PARAGON RIDE 12YRS +	BIKE Hillingdon Circuit 9am -12
		SWIM St Jo's College 8-9.55pm Endurance/Technique	9k Fartlek	Endurance / Technique	SWIM Trinity School 8-9.30pm	Track Run Session 9 - 10.30 am	Bike Elmers End 2 -4hrs