

		ADULTS	JUNIORS	MIXED	Sessions will be adapted for differing ability levels			
Phase	w/c	Mon	Tue	Wed	Thur	Fri	Sat	Sun
RACE SEASON	19-Jul		BIKE Track @ Herne Hill 6.30-7.30pm (Adults uncoached)	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM DCPS 7.45-8.45pm Technique BK	BIKE / RUN CP top car park 9-10.30am Technique	BIKE Elmers End 8.45am
			SWIM St Jo's College 8-9.55pm Endurance/Technique	Fartlek in the park 11 km	Race pace intervals	SWIM DCPS 7.45-8.45pm Race Prep	5K PARK RUN 9am @ CP Park	Ability groups endurance ride 2-4hrs
	26-Jul		No Session	RUN CP Track 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM DCPS 7.45-8.45pm Technique BRS	BIKE / RUN CP top car park 9-10.30am Technique	BIKE Elmers End 8.45am
			No Session	10 x 300m reps	Aerobic Endurance	SWIM DCPS 7.45-8.45pm Race prep	5K PARK RUN 9am @ CP Park	Ability groups endurance ride 2-4hrs
	02-Aug		BIKE Track @ Herne Hill 6.30-7.30pm	RUN CP top car park 7.30-8.30pm	CPT Aquathon The Bridge 7.45pm	SWIM DCPS 7.45-8.45pm Technique F/C	FUN SESSION CP top car park 9-10.30am	BIKE Elmers End 8.45am
			BIKE Track @ Herne Hill 7.30-8.30pm	"Pyramid of pain in the park"		SWIM DCPS 7.45-8.45pm Endurance/Technique	5K PARK RUN 9am @ CP Park	Ability groups endurance ride 2-4hrs
	09-Aug		No Session Summer Closure	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM DCPS 7.45-8.45pm Technique Based	No Session Summer Closure	BIKE Elmers End 8.45am
			BIKE Track @ Herne Hill 7.00-8.30pm	11 km Mixed paced run	Aerobic Endurance	SWIM DCPS 7.45-8.45pm Endurance/Technique	5K PARK RUN 9am @ CP Park	Ability groups endurance ride 2-4hrs
16-Aug		No Session Summer Closure	RUN CP top car park 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM DCPS 7.45-8.45pm Technique Based	No Session Summer Closure	BIKE Elmers End 8.45am	
		No Session	9km Park Fartlek	Skills Based	SWIM DCPS 7.45-8.45pm Endurance/Technique	5K PARK RUN 9am @ CP Park	Ability groups endurance ride 2-4hrs	
23-Aug		No Session Summer Closure	RUN CP Track 7.30-8.30pm	SWIM The Bridge 7.45-9pm	SWIM DCPS 7.45-8.45pm Technique Based	No Session Summer Closure	BIKE Elmers End 8.45am	
		No Session	400 - 800m reps	Skills Based	SWIM DCPS 7.45-8.45pm Endurance/Technique	No Session	Ability groups endurance ride 2-4hrs	
30-Aug		No Session Summer Closure	RUN T. B. C.	SWIM The Bridge 7.45-9pm	SWIM T.B.C.	No Session	RACE SOUTHWATER RELAYS	
		No Session		Endurance / Technique	SWIM T.B.C.	No Session	Tooting Lido Aquathon Junior Club Champs	
06-Sep		BIKE Track @ Herne Hill 6.30-7.30pm (Adults uncoached)	RUN T. B. C.	SWIM The Bridge 7.45-9pm	SWIM T.B.C.	T.B.C. CP top car park 9-10.30am	BIKE Elmers End 8.45am	
		SWIM St Jo's College 8-9.55pm Endurance/Technique		Endurance / Technique	SWIM	No Session	Ability groups endurance ride 2-4hrs	