

SESSION	WK 7 07/10	WK 8 14/10	WK 9 21/10	WK 10 28/10	WK 11 04/11	WK 12 11/11
1. TUES	Swim @ St Jo's 8 - 9.50pm Technique/aerobic	Swim @ St Jo's 8 - 9.50pm Technique/aerobic	Swim @ St Jo's 8 - 9.50pm Technique/aerobic	Swim @ St Jo's 8 - 9.50pm Technique/aerobic	Swim @ St Jo's 8 - 9.50pm Technique/aerobic	Swim @ St Jo's 8 - 9.50pm Technique/aerobic
2. WED	Carl's run session 7-8pm@ CP Long reps / Track	Carl's run session 7-8pm@ CP Long run / Road	Carl's run session 7-8pm@ CP T. B. C.	Carl's run session 7-8pm@ CP Long reps / Track	Carl's run session 7-8pm@ CP "Fartlek fireworks"	Carl's run session 7-8pm@ CP Hilly long run
3. THUR	Swim @ The Bridge 7.45 - 9 pm Technique based	Swim @ The Bridge 7.45 - 9 pm Aerobic/skills based	Swim @ The Bridge 7.45 - 9 pm Technique based	Swim @ The Bridge 7.45 - 9 pm Aerobic/skills based	Swim @ The Bridge 7.45 - 9 pm Technique based	Swim @ The Bridge 7.45 - 9 pm Technique based
4. FRI	Swim @ DCPS 7.45 - 8.45 pm Technique based session	Swim @ DCPS 7.45 - 8.45 pm Technique based session	Swim @ DCPS 7.45 - 8.45 pm Technique based session	Swim @ DCPS 7.45 - 8.45 pm Technique based session	Swim @ DCPS 7.45 - 8.45 pm Technique based session	Swim @ DCPS 7.45 - 8.45 pm Technique based session
5. SAT					Coached Run 8.30-10am @ C.P. Fartlek in the park	
6. SUN	Sun Club Ride 8am Faster Group 9am Improvers	Sun Club Ride 8am Faster Group Coached 9am Improvers	"Jekyll & Hyde Duathlon " Club Champs / London league	Sun Club Ride 8.30am Faster Group 9.30am Improvers	Sun Club Ride 8.30am Faster Group 9.30am Improvers	Sun Club Ride 8.30am Faster Group Coached 9.30am Improvers