



CLUB TRAINING AND EVENTS PROGRAMME AUGUST - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 0630-0730 Coached Swim Trowbridge Pool 0900 Junior Tri Camp Clarendon 1800 Coached Open Water Swim	2 0900 Junior Tri Camp Clarendon 1900 Brick Session TRFC Bike / Run Intervals	3 0630-0730 Coached Swim Trowbridge Pool	4 06:45-07:45 Coached Swim, Trowbridge pool 0900 Junior Tri Camp Odd Down	5	6 1400-1600 Juniors Coached Session Glove Factory
7 07:00-08:00 Coached Swim, Trowbridge pool	8 0630-0730 Coached Swim Trowbridge Pool 1900 Vobster Aquathlon Registration from 1730	9 0900 Junior Tri Camp Clarendon 1900 Brick Session TRFC Bike / Run Intervals	10 0630-0730 Coached Swim Trowbridge Pool	11 06:45-07:45 Coached Swim, Trowbridge pool	12	13 Oxley Tri – Oxley Leisure Centre Post event meal - Trowbridge
14 07:00-08:00 Coached Swim, Trowbridge pool	15 0630-0730 Coached Swim Trowbridge Pool 0900 Junior Tri Camp Clarendon 1800 Coached Open Water Swim	16 0900 Junior Tri Camp Clarendon 1830 Bustkin Aquathlon Weymouth – details will be posted in advance	17 0630-0730 Coached Swim Trowbridge Pool	18 06:45-07:45 Swim / Run Aquathlon Session 0900 Junior Tri Camp Glove Factory	19	20 Frome Triathlon – Frome Leisure Centre
21 07:00-08:00 Coached Swim, Trowbridge pool	22 0630-0730 Coached Swim Trowbridge Pool	23 1900 Brick Session TRFC Bike / Run Intervals	24 0630-0730 Coached Swim Trowbridge Pool	25 06:45-07:45 Coached Swim, Trowbridge pool	26	27 Group ride TBC
28 07:00-08:00 Coached Swim, Trowbridge pool	29 0630-0730 Coached Swim Trowbridge Pool 1800 Coached Open Water Swim	30 1900 Brick Session TRFC Bike / Run Intervals	31 0630-0730 Coached Swim Trowbridge Pool			

*** CLUB TARGET EVENTS / ACTIVITIES – PLEASE SUPPORT THESE EVENTS**