



CLUB TRAINING AND EVENTS PROGRAMME OCTOBER - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 07:00-08:00 Coached Swim, Trowbridge pool	31 0630-0730 Coached Swim Trowbridge Pool 1915 Run Session TRFC					1
2 07:00-08:00 Coached Swim, Trowbridge pool	3 0630-0730 Coached Swim Trowbridge Pool 1915 Run Session TRFC	4 1930 Coached Turbo Session Clarendon 2100 Coached Swim Trowbridge Pool	5 0630-0730 Coached Swim Trowbridge Pool	6 06:45-07:45 Coached Swim, Trowbridge pool	7 0745 Group Ride Clarendon	8 Burnham on Sea Aquathlon Juniors & Adults Burnham Swim Academy
9 07:00-08:00 Coached Swim, Trowbridge pool	10 0630-0730 Coached Swim Trowbridge Pool HCTC AGM MEETING TRFC	11 1930 Coached Turbo Session Clarendon 2100 Coached Swim Trowbridge Pool	12 0630-0730 Coached Swim Trowbridge Pool	13 06:45-07:45 Coached Swim, Trowbridge pool	14 0745 Coached Novice Ride	15 HCTC Espresso Classic 10 TT Trowbridge Rugby Football Club Glove Factory
16 07:00-08:00 Coached Swim, Trowbridge pool	17 0630-0730 Coached Swim Trowbridge Pool 1915 Run Session TRFC 800m Relays	18 1930 Strength & Conditioning / Injury Prevention Workshop 1 2100 Coached Swim Trowbridge Pool	19 0630-0730 Coached Swim Trowbridge Pool	20 06:45-07:45 Swim / Run Aquathlon Session	21 0745 Group Run Session	22 Evans Ride It Sportive https://www.evanscycles.com/evans-cycles-wiltshire-road-sportive-sunday-22nd-october-2017-EV292096
23 07:00-08:00 Coached Swim, Trowbridge pool	24 0630-0730 Coached Swim Trowbridge Pool 1915 Run Session TRFC	25 1930 Coached Turbo Session Clarendon 2100 Coached Swim Trowbridge Pool	26 0630-0730 Coached Swim Trowbridge Pool	27 06:45-07:45 Coached Swim, Trowbridge pool	28 0900 End of Month Adult & Junior Park Run Southwick Country Park	29 HCTC Tour de Mendips – Long group rides heading out into the Mendip Hills various routes / distances + coffee stop

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

Specific swim testing sessions

Specific swim technique sessions