



## CLUB TRAINING AND EVENTS PROGRAMME DECEMBER - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>1</b> 06:45-07:45 Coached Swim, Trowbridge pool	<b>2</b> 0745 Group Ride Clarendon	<b>3</b> <b>1300 HCTC Winter Duathlon Adults &amp; Juniors Odd Down Bike Track Bath</b>
<b>4</b> 07:00-08:00 Coached Swim, Trowbridge pool	<b>5</b> 0630-0730 Coached Swim Trowbridge Pool  <b>1915 Coached Run Session TRFC 1 Mile Time Trial</b>	<b>6</b> 1930 Coached Turbo Session Clarendon  2100 Coached Swim Trowbridge Pool	<b>7</b> 0630-0730 Coached Swim Trowbridge Pool	<b>8</b> 06:45-07:45 Coached Swim, Trowbridge pool	<b>9</b> 0745 Group Run Session	<b>10</b>
<b>11</b> 07:00-08:00 Coached Swim, Trowbridge pool	<b>12</b> 0630-0730 Coached Swim Trowbridge Pool  1915 Coached Run Session TFRC	<b>13</b> 1930 Coached Turbo Session Clarendon  2100 Coached Swim Trowbridge Pool	<b>14</b> 0630-0730 Coached Swim Trowbridge Pool	<b>15</b> <b>06:45-07:45 Swim / Run Aquathlon Session</b>	<b>16</b> 0745 Group Ride Clarendon	<b>17</b> <b>HCTC Winter Kilo Relay Run for your Brunch Bradford on Avon</b>
<b>18</b> 07:00-08:00 Coached Swim, Trowbridge pool	<b>19</b> 0630-0730 Coached Swim Trowbridge Pool  <b>1900 HCTC Xmas Lights Hash Run BOA</b>	<b>20</b> 1930 Coached Turbo Session Clarendon  2100 Coached Swim Trowbridge Pool	<b>21</b> 0630-0730 Coached Swim Trowbridge Pool <b>Xmas Swim Challenge</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> 0900 End of Month Adult & Junior Park Run Southwick Country Park	<b>31</b> 0830 New Years Eve Club Social Ride

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

**Specific swim testing sessions sessions** – book into sessions on Club FB page Mon / Wed CSS Tests Thurs / Fri T20 Tests