

# Trowbridge Hot Chilli Triathlon Club

## Training Plan

Swim **Bike** **Run** **Race** **Social**

### Monday

7-8am: Coached Swim @Trowbridge Pool

### Tuesday

6.30-7.30am Coached Swim @Trowbridge Pool

7-8pm Social Run: Meet @Trowbridge Pool

### Wednesday

7.30-8.30pm Coached Turbo Session @Trowbridge Pool

9-10pm Coached Swim @Trowbridge Pool

### Thursday

6.30-7.30am Coached Swim @Trowbridge Pool

7-8pm Coached Run: Meet at TRFC

### Friday

6.45-7.45am Coached Swim @Trowbridge Pool

### Saturday

Group Bike Ride Check FB Members Group for Meeting Times & Location

### Sunday

Social Run Check FB Members Group for Meeting Times & Location

### Holidays:

Over Christmas/New Year there are no coached training sessions

On Bank Holidays the swimming pool is closed with the notable exception of the Big T Event.