



CLUB TRAINING AND EVENTS PROGRAMME november - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 1930 Coached Turbo Session Clarendon 2100 Coached Swim Trowbridge Pool	2 0630-0730 Coached Swim Trowbridge Pool	3 06:45-07:45 Coached Swim, Trowbridge pool	4 0745 Group Ride Clarendon	5 Over the Hills MT Run AVR Bradford on Avon
6 07:00-08:00 Coached Swim, Trowbridge pool	7 0630-0730 Coached Swim Trowbridge Pool 1915 Coached Run Session TRFC	8 1930 Coached Turbo Session Clarendon 2100 Coached Swim Trowbridge Pool	9 0630-0730 Coached Swim Trowbridge Pool	10 06:45-07:45 Coached Swim, Trowbridge pool	11 0745 Group Ride Clarendon	12
13 07:00-08:00 Coached Swim, Trowbridge pool	14 0630-0730 Coached Swim Trowbridge Pool 1915 Coached Run Session TRFC	15 1930 Strength & Conditioning / Injury Prevention Workshop 2 2100 Coached Swim Trowbridge Pool	16 0630-0730 Coached Swim Trowbridge Pool	17 06:45-07:45 Swim / Run Aquathlon Session	18 0745 Group Ride Clarendon	19 Chilly Duathlon & 10km DB Max Castle Combe
20 07:00-08:00 Coached Swim, Trowbridge pool	21 0630-0730 Coached Swim Trowbridge Pool 1915 Coached Run Session TRFC 1 Mile Time Trial	22 1930 Coached Turbo Session Clarendon 2100 Coached Swim Trowbridge Pool	23 0630-0730 Coached Swim Trowbridge Pool	24 06:45-07:45 Coached Swim, Trowbridge pool	25 0900 End of Month Adult & Junior Park Run Southwick Country Park	26 Wiltshire ½ Marathon AVR
27 07:00-08:00 Coached Swim, Trowbridge pool	28 0630-0730 Coached Swim Trowbridge Pool 1915 Coached Run Session TRFC	29 1930 Coached Turbo Session Clarendon 2100 Coached Swim Trowbridge Pool	30 0630-0730 Coached Swim Trowbridge Pool			

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