

Winter Training Schedule 2018 and Costs

Day and Time	Session Plan	Venue	Adults	Juniors	Free to Gold
Monday					
05.45 – 07.00	Early morning swim set	Arethusa Pool	£6.00	£6.00	Swim members
19.00 - 20.00	Monday run development	Medway Track	N/A	£2.70	Run members
19.00 - 20.00	Monday Junior track session	Medway Track	N/A	£2.70	Run members
19.00 - 20.00	Monday Senior track session	Medway Track	£3.80	N/A	Run members
19.00 - 20.00	Go-Tri Run Session	Medway Track	£3.80*	N/A	Go-Tri members
Tuesday					
05.45 – 07.00	Early morning swim set	Arethusa Pool	£6.00	£6.00	Swim members
18.00 – 20.00	Advanced Junior Swim	Hoo Pool	N/A	£8.75	Swim members
18.00 – 19.00	Stroke development 1	Hoo Pool	N/A	£6.00	Swim members
19.00 – 20.00	Stroke Development 2	Hoo Pool	N/A	£6.00	Swim members
19.00 – 20.00	Intermediate level 1	Hoo Pool	N/A	£6.00	Swim members
Wednesday					
17.30 – 18.30	Junior cycle skills	Cyclopark Gravesend	N/A	£3.80	Bike members
19.00 - 20.00	Junior/Main squad track session	Medway Track	£3.80	£2.70	Run members
19.00 – 20.00	Run development	Medway Track	N/A	£2.70	
19.00 - 20.00	Go-Tri Run Session	Medway Track	£3.80*	N/A	Go-Tri members
20.30 – 21.30	Adult Swim Set	Medway Park Pool	£6.00	N/A	Swim members
20.30 – 21.30	Go-Tri Swim Session	Medway Park Pool	£6.00*	N/A	Go-Tri members
Thursday					
05.45 – 07.00	Early morning swim set	Arethusa Pool	£6.00	£6.00	Swim members
18.30 – 20.00	Advanced Junior Swim	Strood Pool	N/A	£7.50	Swim members
19.00 – 20.00	Stroke Development 2	Strood Pool	N/A	£6.00	Swim members
19.00 – 20.00	Intermediate Level 1	Strood Pool	N/A	£6.00	
18.00 - 19.00	Go-Tri Cycle session	Cyclopark Gravesend	£6.00*	N/A	Go-Tri members
19.00 - 21.00	Adult Cyclopark Session	Cyclopark Gravesend	£6.00	N/A	Bike members
Friday					
18.00 - 19.00	Stroke Development 1&2	Hoo Pool	N/A	£6.00	
19.00 – 20.00	Advanced/Intermediate 1	Hoo Pool	N/A	£6.00	Swim members
19.00 – 20.00	Adult Swim Set	Hoo Pool	£6.00	N/A	Swim members
Saturday					
08.00 – 09.00	Cross Country Run	Capstone Farm	Free to club members		
9.00 – 1.00	Junior Endurance Bike Ride	Road	Free to junior members		
9.00 – 11.00	Junior Bike Ride	Road	Free to junior members		
Sunday					
09.00 – 12.00	Go-Tri Bike Ride	Road	Free to club members/Go-Tri members		
09.00 – 13.00	Standard endurance ride	Road			
18.00 – 19.00	Stroke Development 1	Arethusa Pool	N/A	£6.00	Swim members
18.00 – 19.00	Stroke Development 2	Arethusa Pool	N/A	£6.00	Swim members
18.00 – 19.00	Intermediate 1 Swim	Arethusa Pool	N/A	£6.00	Swim members
19.00 – 20.00	Advanced Junior Swim	Hoo Pool	N/A	£6.00	Swim members
19.00 – 20.00	Adult Swim Set	Hoo Pool	£6.00	N/A	Swim members

*=free to Go-Tri members