

Training Schedule and Costs

Day and Time	Session Plan	Venue	Adults	Juniors	Free to Gold
Monday					
05.45 – 07.00	Early morning swim session	Arethusa Pool	£6.00	N/A	Swim members
19.00 - 20.00	Monday run development	Medway Park Track	N/A	£2.70	Run members
19.00 - 20.00	Monday Junior track session	Medway Park Track	N/A	£2.70	Run members
19.00 - 20.00	Monday Senior track session	Medway Park Track	£3.80	N/A	Run members
19.00 - 20.00	Go-Tri/TP Track Session	Medway Park Track	£3.80	N/A	Go-tri members
Tuesday					
05.45 – 07.00	Early morning swim session	Arethusa Pool	£6.00	N/A	Swim members
18.00 – 19.00	Stroke development one	Hoo Pool	N/A	£6.00	Swim members
19.00 – 20.00	Stroke development two	Hoo Pool	N/A	£6.00	Swim members
19.00 – 20.00	Intermediate swim	Hoo Pool	N/A	£6.00	Swim members
18.00 – 20.00	Advanced Junior swim	Hoo Pool	N/A	£8.75	Swim members
18.00 – 19.00	Go-Tri/TP Cycle Session	Gravesend Cyclopark	£5.00	N/A	Go-Tri members
19.00 - 21.00	Cyclopark Advanced (4T)	Gravesend Cyclopark	£5.00	N/A	Bike members
Wednesday					
06.00 – 0700	Open Water Swim	St Mary's Basin 2*	6.00	N/A	Swim members
17.30 – 18.30	Junior cycle skills	Gravesend Cyclopark	N/A	£3.30	Bike members
19.00 - 20.00	Junior/Senior track session	Medway Park Track	£3.80	£2.20	Run members
19.00 - 20.00	Go-Tri/TP Track Session	Medway Park Track	£3.80	N/A	Novice members
20.30 – 21.30	Technique Night Swim	Medway Park Pool**	£6.00	N/A	Swim members
20.30 – 21.30	Go-Tri/TP Swim session	Medway Park Pool	£6.00	N/A	Go-Tri members
Thursday					
05.45 – 07.00	Early morning swim session	Arethusa Pool	£6.00	N/A	Swim members
18.30 – 20.00	Advanced Junior Swim	Strood Pool	N/A	£7.50	Swim members
19.00 – 20.00	Stroke development two	Strood Pool	N/A	£6.00	Swim members
19.00 – 20.00	Intermediate Swim	Strood Pool	N/A	£6.00	Swim members
19.00 – 20.00	Senior S&C	Strood Studio 3	N/A	£5.00	Senior members
Friday					
18.00 – 19.00	Stroke development 1&2	Hoo Pool	N/A	£6.00	Swim members
19.00 – 20.00	Advanced/Intermediate	Hoo Pool	N/A	£6.00	Swim members
19.00 – 20.00	Senior Swim session	Hoo Pool	N/A	£6.00	Swim members
Saturday					
varies	Junior Bike Ride	Cliffe Woods***	N/A	Free to junior members	
08.00 – 12.00	Advanced Junior Bike Ride	Capstone Park***	N/A	Free to junior members	
10.30 – 11.30	Open water swim	Leybourne Lakes	From 13 th May – Lake charges £5		
11.30 – 12.00	Run out of the swim	Leybourne Lakes	Free to club members		
Sunday					
08.00 – 14.00	Long endurance ride	Capstone Park	N/A		Free to members
09.00 – 14.00	Standard endurance ride	Capstone Park			
18.00 – 19.00	Stroke Development one	Arethusa	N/A	£6.00	Swim members
18.00 – 19.30	Stroke Development two	Arethusa	N/A	£6.00	Swim members
18.00 – 19.30	Intermediate swim set	Arethusa	N/A	£6.00	Swim members
19.00 – 20.00	Advanced and Senior Swim	Hoo Pool	£6.00	£6.00	Swim members

*Likely to start early June once water testing is complete

**Starts Wednesday 6th June

***Subject to coaching availability will be confirmed week to week and organized with parents