

## Training Schedule and Costs

Day and Time	Session Plan	Venue	Adults	Juniors	Free to Gold
<b>Monday</b>					
05.45 – 07.00	Early morning swim set	Arethusa Pool	£5.50	£5.50	Swim members
19.00 - 20.00	Monday run development	Medway Park Track	N/A	£2.20	Run members
19.00 - 20.00	Monday Junior track session	Medway Park Track	N/A	£2.20	Run members
19.00 - 20.00	Monday main squad session	Medway Park Track	£3.30	N/A	Run members
19.00 - 20.00	Adult Novice Run Session	Medway Park Track	£3.30	N/A	Novice members
<b>Tuesday</b>					
05.45 – 07.00	Early morning swim set	Arethusa Pool	£5.50	£5.50	Swim members
18.00 – 19.00	Junior stroke development	Hoo Pool	N/A	£5.50	Swim members
18.00 – 19:00	Junior intermediate level 1	Hoo Pool	N/A	£5.50	Swim members
18.00 – 20.00	Junior intermediate level 2	Hoo Pool	N/A	£8.25	Swim members
18.00 – 20.00	Junior advanced swim	Hoo Pool	N/A	£8.25	Swim members
19.00 – 20.00	Intermediate development	Hoo Pool	N/A	£5.50	Swim members
18.30 – 19.30	Adult Novice Cycle Session	Gravesend Cyclopark	£5.00	N/A	Novice members
19.00 - 21.00	Cyclopark Adadvanced	Gravesend Cyclopark	£5.00	£5.50	Bike members
<b>Wednesday</b>					
17.30 – 18.30	Junior cycle skills and transition	Gravesend Cyclopark	Not Allowed	£3.30	Bike members
19.00 - 20.00	Weds run development	Medway Park Track	N/A	£2.20	Run members
19.00 - 20.00	Weds Junior track session	Medway Park Track	N/A	£2.20	Run members
19.00 - 20.00	Weds main squad session	Medway Park Track	£3.30	N/A	Run members
19.00 - 20.00	Adult Novice Run Session	Medway Park Track	£3.30	N/A	Novice members
20.30 – 21.30	Adult Swim Set	Medway Park Pool	£5.50	N/A	Swim members
20.30 – 21.30	Adult Novice Swim Session	Medway Park Pool	£5.50	N/A	Novice members
<b>Thursday</b>					
05.45 – 07.00	Early morning swim set	Arethusa Pool	£5.50	£5.50	Swim members
18.30 – 20.00	Junior intermediate swim	Strood Pool	N/A	£7.00	Swim members
18.30 – 20.00	Junior advanced swim	Strood Pool	N/A	£7.00	Swim members
19.00 – 21.00	Thursday senior bike ride	Capstone Park	Free to club members from 25 <sup>th</sup> May		
<b>Friday</b>					
19.00 – 20.00	Friday swim set	Hoo Pool	£5.50	£5.50	Swim members
19.00 – 20.00	Junior stroke development	Hoo Pool	N/A	£5.50	Swim members
<b>Saturday</b>					
10.30 – 11.30	Open water swim	Leybourne Lakes	From 13 <sup>th</sup> May – Lake charges £5		
11.30 – 12.30	Run out of the swim	Leybourne Lakes	Free to club members		
<b>Sunday</b>					
08.00 – 13.00	Long endurance ride	Capstone Park	Free to club members		
09.00 – 12.00	Short beginners ride	Capstone Park			
09.00 – 13.00	Standard endurance ride	Capstone Park			
19.00 – 20.00	Sunday swim set	Hoo Pool	£5.50	£5.50	Swim members