

Winter Training Schedule 2017/18 and Costs

Day and Time	Session Plan	Venue	Adults	Juniors	Free to Gold
Monday					
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 (Starts 6th Nov)
Tuesday					
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
Wednesday					
17.30 – 18.30	Junior cycle skills	Gravesend Cyclopark	N/A	£3.30	Bike members
19.00 – 20.00	Senior Road Run	From Medway Park	Free to club members (27 th Nov - 8 th Nov)		
19.00 - 20.00	Junior/Main squad track session	Medway Park Track	£3.30	£2.20	Run members (Starts 8 th Nov)
19.00 – 20.00	Run development	Medway Park Track	N/A	£2.20	
19.00 - 20.00	Adult Novice Run Session	Medway Park Track	£3.30	N/A	Novice members (Starts 8 th Nov)
20.30 – 21.30	Adult Swim Set	Medway Park Pool	£5.50	N/A	Swim members
20.30 – 21.30	Adult Development Swim	Medway Park Pool	£5.50	N/A	Swim members (27 th Sept – 8 ^t Nov)
20.30 – 21.30	Adult Novice Swim Session	Medway Park Pool	£5.50	N/A	Novice members (Starts 8 th Nov)
Thursday					
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 - 20.00	Adult Novice Cycle Session	Gravesend Cyclopark	£5.50	N/A	Novice members (Starts 9 th Nov)
19.00 - 21.00	Adult Cyclopark Session	Gravesend Cyclopark	£5.50	N/A	Bike members
Friday					
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
Saturday					
08.00 – 09.00	Cross Country Run	Capstone	Free to club members		
9.00 – 11.00	Junior 50km Bike Ride	Capstone	Free to junior members		
9.00 – 11.00	Junior Social Bike Ride	Capstone	Free to junior members		
Sunday					
09.00 – 12.00	Short beginners ride	Capstone Park	Free to club members (beginners ride from 12 th Nov)		
09.00 – 13.00	Standard endurance ride	Capstone Park			
19.00 – 20.00	Junior stroke development	Hoo Pool	N/A	£5.50	Swim members
19.00 – 20.00	Sunday swim set	Hoo Pool	£5.50	£5.50	Swim members