

MedwayTri Training Schedule and Costs

Day and Time	Session Plan	Venue	Adults	Juniors	Free to Gold
Monday					
05.45 – 07.00	Early morning swim session	Hoo Leisure Centre	£7.50	N/A	Triathlon
18:30-19:30	Junior Performance Track	Medway Park	N/A	£5.00	Run/Triathlon
18:30-19:30	Junior Development Track	Medway Park	N/A	£5.00	Run/Triathlon
18:30-19:30	Build Development track session	Medway Park	£5.00	N/A	Triathlon
18:30-19:30	Advanced Adult Track Session	Medway Park	£5.00	N/A	Triathlon
18:30-19:30	Team Phoenix Track Session	Medway Park	TP only	N/A	TP only
Tuesday					
18:00-19:00	Team Phoenix Cycling Session	Cyclopark	TP only	N/A	TP only
18:00-19:00	Development cycle session	Cyclopark	£6.50	N/A	Triathlon
19:00-21:00	MedwayTri Cyclopark session (shared with 4T)	Cyclopark	£6.50	N/A	Triathlon
18:20-19:30	Junior Development Swim	Hoo Leisure Centre	N/A	N/A	Triathlon
18:20-19:30	Junior Club Squad	Hoo Leisure Centre	N/A	£7.50	Triathlon
18:30-19:30	Adult Development Swim	Hoo Leisure Centre	£7.50	N/A	Triathlon
19:20-21:00	Junior Intermediate Squad	Hoo Leisure Centre	N/A	N/A	Triathlon
19:20-21:00	Junior Performance Squad	Hoo Leisure Centre	N/A	N/A	Triathlon
Wednesday					
05.45 – 07.00	Early morning swim session	Hoo Leisure Centre	£7.50	N/A	Triathlon
17:30-19:00	Junior Cycle Session	Cyclopark	N/A	£6.50	Cycle/Triathlon
Thursday					
18:20-19:30	Junior Development Swim	Strood Leisure Centre	N/A	N/A	Triathlon
18:20-19:30	Junior Club Squad	Strood Leisure Centre	N/A	£7.50	Triathlon

18:20-19:30	Junior Intermediate Squad	Strood Leisure Centre	N/A	N/A	Triathlon
18:20-19:30	Junior Performance Squad	Strood Leisure Centre	N/A	N/A	Triathlon
18:30-19:30	Adult Development Swim	Strood Leisure Centre	£7.50	N/A	Triathlon
Friday					
05.45 – 07.00	Early morning swim session	Hoo Leisure Centre	£7.50	N/A	Triathlon
18:30-19:30	Junior Performance PAYG Swim	Hoo Leisure Centre	N/A	£3.00	N/A
18:30-19:30	Adult Evening Swim	Hoo Leisure Centre	£7.50	N/A	Triathlon
Saturday					
08:00-09:00	Cross Country Training	Capstone Park	Free	N/A	Free to all
Sunday					
08:00-14:00	Group Endurance Ride	As advised	Free	N/A	Free to all
09:00-13:00	Group Social Ride	As advised	Free	N/A	Free to all
15:30-16:30	Winter Technique and Endurance Swimming Session	Hoo Leisure Centre	£7.50	N/A	Triathlon
15:30-16:30	Development Swim	Hoo Leisure Centre	£7.50	N/A	Triathlon
16:20-18:00	Junior Intermediate Squad	Hoo Leisure Centre	N/A	N/A	Triathlon
16:20-18:00	Junior Performance Squad	Hoo Leisure Centre	N/A	N/A	Triathlon