

SHEFFIELD TRIATHLON CLUB

TRAINING SCHEDULE

Winter Training (end of September to mid May)

WHAT?	WHEN?	WHERE?	WHO? (Email contact)
Swim Technique Session	Saturdays 18:00 to 19:00	Graves Tennis and Leisure Centre, Bochum Parkway, Sheffield S8 8JR http://www.multimap.com/maps/?qs=S8+8JR&countryCode=GB	Matthew Hartley mh525@hotmail.co.uk
Run Track/Speed Work	Tuesdays 19:00 to 20:00	Chaucer BEC, Wordsworth Ave Sheffield, UK, S5 8NH http://www.chaucer.sheffield.sch.uk/si_directions.asp	Bob Pringle bob@bptri.co.uk
Swim Conditioning Session	Wednesdays 20:30 to 21:30	Ponds Forge International Sports Centre, Sheaf Street, Sheffield, S1 2BP http://www.multimap.com/maps/?qs=S8+8JR&countryCode=GB#map=53.38446,-1.44832 16 4&bd=useful_information&loc=GB:53.37838:-1.46272:16 S1%202BP S1%202BP	Matthew Hartley mh525@hotmail.co.uk
Bike Turbo Session	Thursdays 19:00 to 20:00	St. Oswalds Scout Hut, Archer Lane, Sheffield S7 http://www.multimap.com/s/x8yMjtIV	Bob Pringle bob@bptri.co.uk Ady Dench adydench@aol.com

Summer Training (mid May to end of September)

Swim Open Water	Saturdays 08:30 to 10:00	Rother Valley Country Park, Mansfield Road, Sheffield, S26 5PQ http://www.multimap.com/maps/?qs=S8+8JR&countryCode=GB#map=53.3492,1.30102 16 4&bd=useful_information&loc=GB:53.3492:-1.30102:16 S26%205PQ S26%205PQ	Matthew Hartley mh525@hotmail.co.uk
Bike 10 mile time trials with Phoenix CC	Tuesdays 18:30 to 20:00	Worksop Road, Cuckney http://www.multimap.com/s/A01oH6pI	Mick Clarkson micktri@hotmail.com
Swim Conditioning Session	Wednesdays 20:30 to 21:30	Ponds Forge International Sports Centre, Sheaf Street, Sheffield, S1 2BP http://www.multimap.com/maps/?qs=S8+8JR&countryCode=GB#map=53.38446,-1.44832 16 4&bd=useful_information&loc=GB:53.37838:-1.46272:16 S1%202BP S1%202BP	Matthew Hartley mh525@hotmail.co.uk
Run Speed/Hill Session	Thursdays 18:30 to 19:30	Please refer to the calendar pages to see when these are confirmed	Bob Pringle bob@bptri.co.uk

For general information about Training, please email: training@sheffieldtriathlonclub.com