




SLH Triathlon Club weekly training sessions

Day	Time	Place	Type of session
Monday	8.15pm	Caterham School Swimming Pool	 Freestyle (crawl) training comprising of warm up, drills and main set
Tuesday	6.45pm	South London Harriers Club House, Coulsdon	 Choice of steady run with different groups or interval training
Wednesday (summer only)	7.00pm	Southwater Lake, Horsham	 Open water swim training
Wednesday (winter)	8.15pm	Caterham School Swimming Pool	 Freestyle (crawl) training comprising of warm up, drills and main set
Thursday (summer only)	6.45pm	South London Harriers Club House, Coulsdon	 Brick session – bike and run training
Thursday	6.45pm	South London Harriers Club House, Coulsdon	 Choice of steady run with different groups or interval training
Friday	7.45pm	Caterham School Swimming Pool	 Freestyle (crawl) training comprising of warm up, drills and main set
Saturday	9.15am	Coulsdon South Station	 Training ride with Addiscombe Cycling Club – different groups ranging from 15mph to 23mph to suit all abilities
Sunday	9.00am	South London Harriers Club House, Coulsdon	 Long run – various speeds and distances to suit all abilities
Sunday	9.00am	South London Harriers Club House, Coulsdon	 Bike ride – 30-50 miles or hill reps at Box Hill with tea shop, be sure to check the e-group to confirm



SLH Tri Club Calendar 2012

Club Captain/Assistant Coach:

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South London Harriers
194a Brighton Road, Coulsdon

Date	Event	Event summary
February		
Sunday 12 th (am)	Technical Bike Session	
Sunday 26 th (am)	Technical Bike Session	
Sunday 26 th	SLH Swim Challenge (Caterham School)	3x1500m Relay Individual 1500m 1 hour Challenge 2 hour Challenge
March		
TBA	Technical Bike Session	
April		
Friday 6 th – Monday 9 th	Isle of Wight Cycle Training Weekend	Group Rides
Monday 9 th	Thames Turbo Sprint Triathlon Hampton, Middlesex London League	Swim – 426m Bike – 21 km Run – 5 km
Saturday 14 th	Ful On Duathlon Kempton Park, Sunbury, Middlesex London League CLUB DUATHLON CHAMPIONSHIP	Run – 6km Bike – 18km Run – 6km
Sunday 29 th	Training Day K2 Leisure Centre Crawley	Swim, Bike, Run Training, Technical Tri Specific Advice/Training, Talks/Seminars
Sunday 29 th	Dragon Slayer Duathlon Hainault, Essex London League	Run – 7km Bike – 40km Run – 5km
May		
Friday 4 th	Junior Aquathlon Caterham School	Distances According to Age
Sunday 13 th	Kingfisher Aquathlon Morden, Surrey London League	Swim – 400m Run – 9K
Sunday 13 th	East Grinstead Triathlon Kings Leisure Centre, East Grinstead, Sussex CLUB SPRINT CHAMPIONSIP	Swim – 500m Bike – 26 km Run – 5 km
Sunday 20 th	Crystal Palace Triathlon National Sports Centre, Crystal Palace London League	Swim – 750m Bike – 20 km Run – 5 km
Wednesday 30 th TBC	Inter Club Aquathlon Caterham School	TBC

Date	Event	Event summary
June		
Saturday 2 nd – Tuesday 5 th (TBC)	Triathlon Training Long Weekend New Forest, Hampshire	Tri Specific Training Weekend
Sunday 3 rd June	Ardingly Triathlon Ardingly College, West Sussex	Swim – 500m Bike – 23K Run – 5K
Sunday 10 th	Mid Sussex Triathlon Triangle Leisure Centre, Burgess Hill, West Sussex	Swim – 400m Bike – 25.5 km Run – 5 km
Wednesday 27 th TBC	Inter Club Aquathlon Weir Wood Reservoir, East Grinstead	TBC
July		
Sunday 8 th July	Cow Man Emberton Park, Milton Keynes NATIONAL AND CLUB MIDDLE DISTANCE CHAMPIONSHIP	Swim - 1900m Bike – 92K Run 21K
Sunday 8 th	White Oak Triathlon Swanley, Kent	Swim – 400m Bike – 28 km Run – 8 km
Wednesday 11 th	Tri Project Aquathlon Woldingham, Surrey	Swim – 400m Run – 5K
Wednesday 18 th TBC	Inter Club Aquathlon Southwater, West Sussex	TBC
Sunday 15 th	Hillingdon Sprint Triathlon HOAC, Harefield, Middlesex London League	Open swim – 600m Run – 6 km Bike - 25 km
Sunday 29 th	The Windfarmer – Lydd Lydd, Kent CLUB OLYMPIC DISTANCE CHAMPIONSHIP	Swim – 1.5 km Bike – 40 km Run – 10 km
August		
Wednesday 8 th	Tri Project Aquathlon Woldingham, Surrey CLUB AQUATHLON CHAMPIONSHIP	Swim – 400m Run – 5K
Sunday 12 th TBC	Southwater Training Day	
Saturday 19 th	Clash of the Tritons Aquathlon Eltham College, Eltham London League	Swim – 500m Run – 5 km
Saturday/Sunday 25 th /26 th	National Relay Champs (Nottingham)	Relay x 4: Swim – 500m Bike – 15km Run – 5km

Date	Event	Event summary
September		
Sunday 2 nd	Southwater Relays Southwater, West Sussex	Relay x 3: Lake swim – 400m Bike – 18.5km Run – 3.8km
Sunday 9 th	SLH Open Water Swim Champs Southwater, West Sussex	Swim – 1500m, Yacht Handicap BBQ
Sunday 23 rd	Crawley Tri K2 Leisure Centre, Crawley, West Sussex	Swim – 750m Bike – 25K Run 6K
October		
Sunday 7 th	London Fields Aquathlon Hackney London League	Swim – 400m Run – 5 km
Sunday 28 th	Jekyll & Hyde Park Duathlon Hyde Park, London London League	Run – 4.2 km Bike – 20.8 km Run – 7.6 km
November		
Saturday 10 th TBC	Ballbuster Duathlon Box Hill, Surrey	Run – 8 miles Bike – 24 miles Run – 8 miles
Saturday 10 th TBC	AGM and Social Clubhouse, Coulsdon, Surrey	