



## Winter Training Schedule

### Sunday Swimming

Sessions are held every Sunday at 5.00pm - 6.00pm Tidworth Leisure Centre, Tidworth (For location maps, see end of document). This is a coached session. We split into lanes according to ability/speed. The range of ability is from - just swimming, not able to sustain front crawl for too far to "webbed-feet- swims- like-a-fish". Shaun, our head coach, caters for all levels and you are never made to feel a fool. Shaun runs a structured programme commencing in early October, concentrating on skills and techniques working through to speed and endurance training as we approach the race season.

On arrival at the leisure centre do not pay at the reception desk, proceed straight ahead to the changing rooms. Please pay the club directly at the end of the session.

Cost is £5.00 for non-members and £4.00 per session ( if a member is using the pay as you go option). Members have the benefit of opting to pay quarterly for which the fee is £25.00 for three months.

### Monday Evening Running Sessions

A track based session on the Andover Athletics Track. Meet in the car park near the track @ 7.10 for a 7.15pm start, (For location maps, see end of document). We usually start with a group warm up, followed by some drills and then the main session on the track. This is likely to focus on: speed / speed endurance / pace awareness / technique / intervals etc and is led by the club coaches.

### Wednesday Evening Mixed Indoor Session

A mixed programme incorporating training to focus on improving core stability, muscle endurance, strength and cardio vascular endurance. These sessions will be indoors and run on a rotating programme of circuit, core stability and indoor cycling/Turbo sessions (You must supply your own bike for the turbo sessions. A limited number of club turbos are available). The schedule for these sessions is available on the front page of our website.

The session runs from 7.00pm – 8.00pm and is based at the school gym, The Mark Way School in Bachelors Barn Road (For location maps, see end of document). Bring a towel, water and wear sports clothes & trainers. These sessions are charged at £3.00 or by quarterly payment for members.

### **Thursday Evening Cycle**

Meet outside "Behind the Bike shed" cycle shop, Charlton Village at approx 18.45 in time for 19.00 prompt start. Ride time is light dependent – 20 – 25 miles approx. Please ensure you have good high visibility clothing and front and rear lights.

### **Saturday Bikes Rides**

Club members meet for a group ride on a Saturday morning at 9.00am for 9.15 start. The meeting place is outside the shop "Behind the Bike Shed" near the roundabout in Charlton village. It is a variable distance ride usually split into ability groups. The steadier group cover approximately 20 – 25 miles depending on who is there what the weather is like etc.. The faster paced group ride between 30 – 40 miles. A safety helmet is essential. Please also wear appropriate but high visibility clothing and use lights on dull/misty days.

### **Last Saturday Each Month**

The last Saturday in each month is dedicated to increasing the range and distance of the rides. This is to help those with aspirations for middle distance / Ironman distance racing. These rides will be approx 50 miles in length with a café stop if possible, so bring some pennies!  
These rides will leave at 9.00am sharp from Behind the Bikeshed.



