

schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
6u15 - 7u45 Academy // Tri coaching		6u - 7u30 Academy // Tri coaching	6u - 7u30 Academy				9u - 12u Academy
SWIM		SWIM	SWIM				BIKE
Ken Martin		Harvey Hadden	Harvey Hadden				Costa Coffee
					14u30 - 15u30 Development	14u30 - 16u Academy	
					SWIM	BIKE-RUN	
					Harvey Hadden	Harvey Hadden	
	17u - 18u Academy			17u - 18u Development // General	16u - 17u Development // General		
	SWIM			RUN	BIKE-RUN		
	Harvey Hadden			Bingham	Harvey Hadden		
	18u15 - 19u Academy	18u - 19u Development // Adults	17u30 - 19u Academy // Development	18u - 19u Development // Adults	18u - 19u Development // General	17u - 18u General	16u30 - 18u Academy
	RUN	SWIM	BIKE	SWIM	SWIM	SWIM	SWIM
	Harvey Hadden	Harvey Hadden	Harvey Hadden	Southglade	Bingham	Harvey Hadden	Harvey Hadden
		19u20 - 20u Development	19u - 20u Academy // Adults // Dev				
		RUN	RUN				
		Harvey Hadden	Harvey Hadden				