

Knutsford Tri Club – Weekly Coached Training Sessions

2022 - 2023

Day	Time		Details	Coach	Cost (£)	Details / comments
MON	7.00pm	Run	Run with Run Knutsford	Run Knutsford coaches	Free	Check RK FB Group for plans MUST PRE-BOOK via Connect My Club (details in run
	8.30pm	Bike	60 minute Spin at Hartford Grange Sports Centre	Dave Clamp	£3	Hartford Grange Sports Centre, Bradburns Lane, Hartford, Northwich, CW8 1LU 8 Bikes available
	7.00pm	Bike	Chaingang (Spring, Summer & Autumn only)	John Keegan	Free	Meet at Greyhound Pub in Lower Peover
TUE	7.00pm	Run	Pickmere grass track (Spring, Summer & Autumn only)	Various	£4	Meet at the Farm Club, Nr Pickmere
WED	8.00pm	Bike	60 minute Spin session at The Mere	Liz Parris	£4	Chester Rd, Mere, Knutsford WA16 6LJ
THUR	7.00pm	Run	60 minute track training at Timperley Track	Matt Mollart	£4	Sign up via Google sheets
FRI	6.15am	Swim	45 minute swim session at Knutsford leisure Centre	Lynda Cooke	£4	Knutsford leisure Centre. Sign up via Google sheet
	7.00am	Swim	45 minute swim session at Knutsford leisure Centre		£4	
SAT	8.30am	Bike	Group social bike rides starting in Knutsford		Free	Non-coached session. Member-led group ride. See Facebook for information.
SUN	7.30am	Swim	60 minute COACHED swim session at Wilmslow leisure Centre	Liz Parris	£4	Sign up via Google sheets
	8.30am	Swim	60 minute NON COACHED swim session at Wilmslow leisure Centre		£4	Sign up via Google sheets
	9.00am	Swim	60 minute swim at Pickmere (Spring, Summer & Autumn only)	Farm Club	£9	The Farm Club, Pickmere