

## KNUTSFORD TRI CLUB – WEEKLY COACHED TRAINING SESSIONS

(Please also see notes below)

Updated 4<sup>th</sup> March 2024

Day	Time		Details	Coach	Cost (£)	Location / comments
MON	7.00pm	Run	<b>COACHED</b> Run with Run Knutsford	Run Knutsford coaches	Free	Merryman Lane, Knutsford. Sign in at Run Knutsford website. <a href="https://www.runknutsford.co.uk">https://www.runknutsford.co.uk</a> and then book onto runs on <a href="#">this link</a> . It will be free of charge.
	7.00pm	Bike	Chaingang (Spring, Summer & Autumn only)	John Keegan	Free	Meet at Greyhound Pub in Lower Peover
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 <b>COACHED</b> track training at Timperley Track	Matt Mollart	£4	Timperley Track.
	7.00pm	Run	60 minute <b>COACHED</b> track session for youth (15-17 year olds)	Liz Parris	Free	Please note that track is paid for on the night in cash and not via the JoinIn system.
FRI	6.15am	Swim	50 minute <b>COACHED</b> swim session at Knutsford leisure Centre	Various	£4	Knutsford leisure Centre.
	7.10am	Swim	50 minute <b>COACHED</b> swim session at Knutsford leisure Centre		£4	Knutsford leisure Centre.
SAT	8.30am	Bike	Group social bike rides starting in Knutsford		Free	Non-coached session. Member-led group ride. See Facebook for information.
SUN	8.00am	Swim	60 minute <b>COACHED</b> swim session at Wilmslow leisure Centre. (Autumn, Winter & Spring only)	Liz Parris	£4	
	9.00am	Swim	60 minute swim at Pickmere (Spring, Summer & Autumn only)	Farm Club	£9	The Farm Club, Pickmere

**UNLESS STATED ABOVE, REGISTER AND PAY FOR ALL TRAINING SESSIONS ON THE CLUB JOININ SYSTEM.  
(Timperley Track is paid in cash on the night)**