



## Carnegie Triathlon Club

### *Programme of activities- April- July 2006*



Activities could be subject to change. Please check with the session coaches or Jon Hendry, [jon@hendry426.fsnet.co.uk](mailto:jon@hendry426.fsnet.co.uk) , 077904 73467.

Date	Planned Activities
22 <sup>nd</sup> April	SWIM/ RUN
29 <sup>th</sup> April	SWIM/ CYCLE
06 <sup>th</sup> May	SWIM/ RUN
13 <sup>th</sup> May	SWIM/ RUN
20 <sup>th</sup> May	SWIM/ CYCLE/ RUN
27 <sup>th</sup> May	<b>NO SESSION- BANK HOLIDAY WEEKEND</b>
3 <sup>rd</sup> June	CYCLE/ RUN
10 <sup>th</sup> June	SWIM/ RUN
17 <sup>th</sup> June	<b>NO SESSION- DEARNE VALLEY TRIATHLON</b>
24 <sup>th</sup> June	SWIM/ RUN
1 <sup>st</sup> July	CYCLE- RDSC
8 <sup>th</sup> July	CYCLE/ T2 Practice- RDSC
15 <sup>th</sup> July	SWIM/ RUN
22 <sup>nd</sup> July	<b>NO SESSION- YORK TRIATHLON</b>
29 <sup>th</sup> July	SWIM/ CYCLE/ RUN

**Indoor provision will be provided when the weather is not deemed suitable for outdoor activities to take place.**

**Activities scheduled could be changed for a variety of reasons. Because of this it is advisable to bring suitable swimming and running kit to all sessions. Sessions where cycling is not planned will not be changed without prior warning to ensure that everyone is notified about the need to bring their bike.**

**Cycle Sessions denoted RDSC will take place at Richard Dunn Sports Centre, Bradford on the outdoor, traffic free cycle track.**