

KNUTSFORD TRI CLUB – GUIDE TO WEEKLY COACHED TRAINING SESSIONS

Updated 7th November 2024

Day	Time		Details	Coach	Cost (£)	Location / comments
MON	7.00pm	Run	COACHED Run with Run Knutsford	Run Knutsford coaches	Free	Merryman Lane, Knutsford. Sign in at Run Knutsford website. https://www.runknutsford.co.uk and then book onto runs on this link . It will be free of charge.
	7.00pm	Bike	60 minute coached spin session	Dave Clamp	£4	Knutsford leisure Centre.
WED	7.00pm	Bike	60 minute coached spin session	Liz Parris	£4	Knutsford leisure Centre.
	7.00pm	Bike	10 mile Time Trial (April to August)	Local circuit	£5	Venue; Lower Withington and Alderley Park, alternating every 3 weeks. Sign up and pay on the night from 6.30pm
THUR	7.00pm	Run	60 minute COACHED track training at Timperley Track	Matt Mollart	£4	Timperley Track.
	7.00pm	Run	60 minute COACHED 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 COACHED swim session at Knutsford leisure Centre	Various	£4	Knutsford leisure Centre.
	7.10am	Swim	50 minute COACHED 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 COACHED swim session at Wilmslow leisure Centre. (Autumn, Winter & Spring only)	Liz Parris	£4	Wilmslow Leisure Centre
	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)**