

Schedule*

Timing	Activity	Venue
Friday, 4th November – Optional Day		
2:00pm	Welcome and meet the RnR team	Pavilion Seminar Room
2.30pm	Introduction to triathlon talk (Optional – please confirm if you will attend)	Pavilion Seminar Room
3:00pm - 6:00pm	1 - 1 sessions (Book Individually by email)	Pavilion Seminar Room
6:30pm - 7:30pm	Seminar - racing and training / planning your season	Pavilion Seminar Room
8:30pm	Evening meal	Victoria Hotel or local restaurant
Saturday, 5th November		
7:30am	Meet RnR team	Victoria Hotel
8:00am - 11:20am	Long cycle and bike maintenance (fixing punctures)	From Hotel
12:00pm - 1:30pm	Swim session in 25m pool	Whitstable pool
1:45pm - 2:15pm	Lunch	Whitstable
2:15pm - 5:00pm	Running for Triathlon <ul style="list-style-type: none"> - 30-minute talk - Warm up - Run 	Trail/Pavilion Seminar Room
5:30pm - 7:00pm	Gym session	Sports Centre - Gym
7:00pm - 8:00pm	Physio / massage session / 1 - 1 sessions	Sports Centre
8:30pm	Evening meal	Restaurant



Sunday, 6 th November		
8:00am	Core stability session	Sports Centre - Studio
9.30	Flexibility session	Sports Centre - Studio
9:45 - 10:45	Indoor bike session	Sports Centre - Studio
11:00pm - 12:30pm	Physio / massage session / 1 - 1 sessions	Sports Centre - Studio
12:00pm - 1:30pm	Lunch	Pavilion Cafe
1:30pm - 3:00pm	Nutrition for Triathlon talk	Pavilion Seminar Room
4:00pm - 5:30pm	Swimming	Whistable
6:00pm	Wrap up and drive home	

*Subject to change