

Junior Training and Events for Summer 2020

Welcome! We are a family friendly club who welcome a range of abilities (see our joining sheet) if you would like to know more about our other events and training sessions please see below. All events are open to non-members and you are able to trial any two training sessions before becoming a club member.

Swim

<http://www.sheffieldtriclub.com/junior-triathlon-training-and-racing/junior-westfield-saturday-sessions/>

Venue: Westfield Sports Centre, Eckington Road, Beighton
Session type: JUNIOR: Coached swim technique and fitness with lanes for children able to swim min. 100m front crawl.
Day: Saturday **Time:** 3:30 till 4:30pm or 3 till 4:30pm on bike weeks (see below)
Cost: £2.50 for 60min session, £5 for 90min session on bike weeks (see below)

NOTE: Open water swimming and coaching is available during the summer months and details will be available on the summer info sheet, through the link above and our Facebook page, minimum ages apply.

Bike

<http://www.sheffieldtriclub.com/junior-triathlon-training-and-racing/junior-cycling-at-forge-valley/>

Venue: Forge Valley School, Wood Ln, Sheffield S6 5HG
Session type: JUNIOR: Coached bike technique
Day: Saturdays 2nd and 16th May, 6th and 20th June, 4th and 18th of July.
Time: 12 till 1:30pm **Cost:** £5 for 90min session

Run

<http://www.sheffieldtriclub.com/junior-triathlon-training-and-racing/junior-westfield-saturday-sessions/>

Venue: Westfield Sports Centre, Eckington Road, Beighton
Session type: JUNIOR: Coached run technique and fitness
Day: Saturday (NOT on Bike weeks see above) **Time:** 2:30 till 3:30pm
Cost: £2.50 for 60min session

Continued overleaf ...

Events (open to non-members)

Junior Triathlon

Info: <http://www.sheffieldtriclub.com/junior-triathlon-training-and-racing/sheffield-junior-triathlon/>

Sign up: https://www.britishtriathlon.org/events/sheffield-junior-triathlon_12253

Inaugural Sheffield Junior Triathlon!

All Welcome. Friendly Triathlon (swim, bike, run) event for all abilities age 8 to 16 (age at 31 December 2020) run by Sheffield Triathlon Club.

- TriStar Starts: 8 years old (born 2012)
- TriStar 1: 9-10 years old (born 2010 / 2011)
- TriStar 2: 11-12 years old (born 2008 / 2009)
- TriStar 3: 13-14 years old (born 2006 / 2007)
- Youth: 15-16 years old (born 2004 / 2005)

Sunday 6th September 2020. Safe, Fun Event! Pool Swim, Grass Bike and Run within the boundaries of the sports centre. The event is held under British Triathlon rules.

Dates: Sunday 6th September 2020

Cost: Tristart £15, Tristar1-Youth £20

Follow this link to sign up as a member:

<https://clubs.britishtriathlon.org/SheffieldTriathlonClub>

For Policies and code of conduct:

<http://www.sheffieldtriclub.com/join-the-sheffield-triathlon-club/>

For more information about sessions:

<http://www.sheffieldtriclub.com/triathlon-training-sessions-sheffield/>

Facebook: <https://www.facebook.com/groups/41984592755/>

Follow us on Twitter: @SheffTriClub