

Senior Training and Events for Spring 2020

Welcome! We hope you have enjoyed your GOTri event with us. We are a 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/fitness-class/swim-training-and-open-water/>

Venue: Graves Health & Sports Centre, Bochum Parkway, Sheffield, S8 8JR
Session type: SENIOR: Coached swim technique and fitness with lanes for adults of all abilities (min. 50m front crawl)
Day: Saturday and Sunday **Time:** 6 till 7pm
Cost: £5 for over 18s, £2.50 for 13-18 yr olds (must be squad swimmer if under 16)

Venue: Ponds Forge International Sports Centre, Sheaf Street, Sheffield, S1 2BP
Session type: SENIOR: Coached masters swim session aimed at intermediate swimmers
Day: Wednesday **Time:** 8 till 9pm
Cost: £6

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.

Bike

Coach-Led road rides

We organise led road rides throughout the year that vary in length and scenery, but always aim to cater to all road biking abilities. These are NOT coached rides, but are normally led by one of our experienced coaching team. Please check <http://www.sheffieldtriclub.com/fitness-class/cycling-training/> for more details and our Facebook page for ride times and locations.

Coached bike skills

These take place at Forge Valley School in the summer months and details will be available on the summer info sheet, <http://www.sheffieldtriclub.com/fitness-class/cycling-skills/> and our Facebook page.

Run (a Steel City Striders Session)

<http://www.sheffieldtriclub.com/fitness-class/running-training/>

Venue: Chaucer School, Wordsworth Avenue, Sheffield, S5 8NH
Session type: SENIOR: Coached Track, Run technique and fitness
Day: Tuesdays **Time:** 7:00pm – 8:00pm
Cost: £30 for 25 weeks payable on first session

Spin and Strength & Conditioning

<http://www.sheffieldtriclub.com/fitness-class/spin-and-strength-conditioning/>

Venue: Graves Health & Sports Centre, Bochum Parkway, Sheffield, S8 8JR
Session type: 45 Minute Spin session followed by 45 Minute S&C session
Day: Friday **Time:** 6:30pm-7:15pm (Spin) then 7:15pm-8pm (S&C)
Cost: £5 (for both sessions), £3 (for either)

Events (open to non-members)

Westfield Aquathlon Series 2020

<http://www.sheffieldtriclub.com/sheffield-triathlon-club-events/westfield-aquathlon/>
<http://www.sheffieldtriclub.com/junior-triathlon-training-and-racing/junior-westfield-aquathlon-race-series/>

A 400m indoor pool swim plus 6km run (part off road) around Rother Valley Country Park and back to Westfield Sports Centre.

Dates: Sunday 19 July 2020
Cost: £5 for members and £7 non-members over 18

Hathersage Hilly 2020

Enter: <https://www.stuweb.co.uk/organiser.php?o=68>

Info: <http://www.sheffieldtriclub.com/hh/>

Our own pool-based sprint triathlon. 420 metre Swim, 21 kilometre Cycle, 6 kilometre Run in the beautiful Peak District village of Hathersage.

Date: Sunday 01 March 2020, Sunday 19 April 2020
Cost: £55/£50(with BTF membership) individual entry, £75/70 (with BTF membership)

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