

Ashurst BC Tri Training Plan

Date (week commence)	Swim (Saturday 9:00am)	Run (Tuesday 6:50pm)	Cycle (Wednesday 6:50pm)	Cycle (Thursday 6:45pm)	Cycle (Sunday 8:50am)
25/01/2010	L3KS13	3X12 L3	Pimbo 10 laps		WD2
01/02/2010	L3KS14	4X6 L4	Pimbo 10 laps		Bickerstaffe 3-4 hrs
08/02/2010	L3KS15	6X2 L5	Pimbo 10 laps		WD3
15/02/2010	L3KS16	6XH L5	Pimbo 10 laps		Bickerstaffe 3-4 hrs
22/02/2010	L4KS1	2X5/2X6 L4	Pimbo 11 laps		Bickerstaffe 3-4 hrs
01/03/2010	L4KS2	7X2 L5	Pimbo 11 laps		Bickerstaffe 3-4 hrs
08/03/2010	L4KS3	4X5 (30/30) L6	Pimbo 11 laps		Parbold Duathlon
15/03/2010	L4KS4	6XH L5	Pimbo 11 laps		Bickerstaffe 3-4 hrs
22/03/2010	L4KS5	3X12 L3	Pimbo 12 laps		Bickerstaffe 3-4 hrs
29/03/2010	L4KS6	8X2 L5	Pimbo 12 laps		Bickerstaffe 3-4 hrs
05/04/2010	L4KS7	4X5 (30/30) L6	Pimbo 12 laps		Bickerstaffe 3-4 hrs
12/04/2010	L4KS8	6XH L5	Pimbo 12 laps		Bickerstaffe 3-4 hrs
19/04/2010	L4KS9	4X6 L4		TT Bickerstaffe	TBC
26/04/2010	L4KS10	8X2 L5		TT Bickerstaffe	TBC
03/05/2010	L4KS11	4X5 (30/30) L6		TT Bickerstaffe	TBC
10/05/2010	L4KS12	6XH L5		TT Bickerstaffe	TBC

Saturday Swim - Selwyn Jones Pool, Newton Le Willows

Tuesday Run - Central Fitness, St Helens

Wednesday Cycle - Southern end of Peel Rd, Pimbo Industrial Estate, Skelmersdale

Thursday Cycle - Bickerstaffe Church, Nr Rainford

Sunday Cycle - Bickerstaffe Church, Nr Rainford