

Day	Jan-14	Feb-14	Mar-14	Apr-14	May-14	Jun-14	Jul-14	Aug-14	Sep-14	Oct-14	Nov-14	Dec-14
Mon									1			1
Tue				1			1		2			2
Wed	1			2			2		3	1		3
Thu	2			3	1		3		4	2		4
Fri	3			4	2		4	1	5	3		5
Sat	4	1	1	5	3		5	2	6	4	1	6
Sun	5	2	2	6	4	1	6 Bournemouth triathlon	3	7	5	2	7
Mon	6	3	3	7	5	2	7	4	8	6	3	8
Tue	7	4	4	8	6	3	8	5	9	7	4	9
Wed	8	5	5	9	7	4	9	6	10	8	5	10
Thu	9	6	6	10	8	5	10	7	11	9	6	11
Fri	10	7	7	11	9	6	11	8	12	10	7	12
Sat	11	8	8	12	10 Novice Triathlon coaching	7	12	9	13	11	8	13
Sun	12	9	9	13 European Duathlon Championship, Horst, Netherlands	11	8	13	10 Swanage Triathlon	14 Ironman Wales/Challenge Weymouth	12	9	14
Mon	13	10	10	14	12	9	14	11	15	13	10	15
Tue	14	11	11	15	13	10	15	12	16	14	11	16
Wed	15	12	12	16	14	11	16	13	17	15	12	17
Thu	16	13	13	17	15	12	17	14	18	16	13	18
Fri	17	14	14	18	16	13	18	15	19	17	14	19
Sat	18	15	15	19	17 TriPurbeck Junior Triathlon	14	19	16	20 TriPurbeck Junior Triathlon	18	15	20
Sun	19	16	16	20 Junior Triathlon Wincanton	18	15 UK ironman 70.3	20	17 Junior Triathlon Oxley	21	19	16	21
Mon	20	17	17	21	19	16	21	18	22	20	17	22
Tue	21	18	18	22	20	17	22	19	23	21	18	23
Wed	22	19	19	23	21	18	23	20	24	22	19	24
Thu	23	20	20	24	22	19	24	21	25	23	20	25
Fri	24	21	21	25	23	20	25	22	26	24	21	26
Sat	25	22	22	26	24	21	26	23 National Club Relays	27	25	22	27
Sun	26	23	23 Sika Duathlon 1	27	25	22	27	24 National Club Relays	28	26	23 Sika Duathlon 2	28
Mon	27	24	24	28	26	23	28	25	29	27	24	29
Tue	28	25	25	29	27	24	29	26	30	28	25	30
Wed	29	26	26	30	28	25	30	27		29	26	31
Thu	30	27	27		29	26	31	28		30	27	
Fri	31	28	28		30	27		29		31	28	
Sat			29		31	28		30			29	
Sun			30			29		31			30	
Mon			31			30						
Tue												

- Track Session Ashdown 6-7pm
- Race - discounted entry for members
- Junior Squad session 10am-1pm www.goalspecificcoaching.co.uk
- Alpine training camp www.goalspecificcoaching.co.uk
- Tuesday evening ride 6pm Purbeck Sports Centre (May to September)
- Saturday ride 10am Purbeck Sports Centre (October to April)
- Club session Friday 6-7pm Astro (October to March)
- Club session Friday 6-7pm Sika (April to September)
- Mon swim Junior Coaching/Adult set 7-8am
- Wed swim set 7-8am