

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

Race - discounted entry for members
 Junior Squad session 10.15am-1.15pm
 Tuesday evening ride 6pm Purbeck Sports Centre (May to September)
 Saturday ride 10.30am Purbeck Sports Centre (October to April)

Day	Jan-15	Feb-15	Mar-15	Apr-15	May-15	Jun-15	Jul-15	Aug-15	Sep-15	Oct-15	Nov-15	Dec-15
Mon												
Tue									1			1
Wed				1			1		2			2
Thu	1			2			2		3	1		3
Fri	2			3	1		3		4	2		4
Sat	3			4	2		4	1	5	3		5
Sun	4	1	1	5	3		5	2	6	4	1	6
Mon	5	2	2	6	4	1	6	3	7	5	2	7
Tue	6	3	3	7	5	2	7	4	8	6	3	8
Wed	7	4	4	8	6	3	8	5	9	7	4	9
Thu	8	5	5	9	7	4	9	6	10	8	5	10
Fri	9	6	6	10	8	5	10	7	11	9	6	11
Sat	10	7	7	11	9	6	11	8	12	10	7	12
Sun	11	8	8	12 European Long Duathlon Championship, Horst, Netherlands	10	7	12	9	13 Challenge Weymouth/Ironman Wales	11	8	13
Mon	12	9	9		11	8	13	10	14	12	9	14
Tue	13	10	10	14	12	9	14	11	15	13	10	15
Wed	14	11	11	15	13	10	15	12	16	14	11	16
Thu	15	12	12	16	14	11	16	13	17	15	12	17
Fri	16	13	13	17	15	12	17	14	18	16	13	18
Sat	17	14	14	18	16 TriPurbeck Junior Triathlon - Milton Abbey	13	18	15	19 TriPurbeck Junior Triathlon - Purbeck Sports Centre	17	14	19
Sun	18	15	15	19	17	14	19	16	20	18	15	20
Mon	19	16	16	20	18	15	20	17	21	19	16	21
Tue	20	17	17	21	19	16	21	18	22	20	17	22
Wed	21	18	18	22	20	17	22	19	23	21	18	23
Thu	22	19	19	23	21	18 Dorset Schools Triathlon	23	20	24	22	19	24
Fri	23	20	20	24	22	19	24	21	25	23	20	25
Sat	24	21	21 Bath Duathlon Junior squad	25	23	20	25	22	26	24	21	26
Sun	25	22	22	26	24	21	26	23	27	25	22 Sika Duathlon	27
Mon	26	23	23	27	25	22	27	24	28	26	23	28
Tue	27	24	24	28	26	23	28	25	29	27	24	29
Wed	28	25	25	29	27	24	29	26	30	28	25	30
Thu	29	26	26	30	28	25	30	27		29	26	31
Fri	30	27	27		29	26		31		30	27	
Sat	31	28	28		30	27		29		31	28	
Sun			29		31	28 Wimbleball Ironman UK 70.3		30			29	
Mon			30			29		31			30	
Tue			31			30						

Race - discounted entry for members
 Junior Squad session 10am-1pm www.goalspecificcoaching.co.uk
 Alpine training camp www.goalspecificcoaching.co.uk
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