



# LIMERICK TRIATHLON CLUB

## WINTER/SPRING TRAINING TIMETABLE 2010

More information or enquiries [training@limericktriathlon.com](mailto:training@limericktriathlon.com)

[coaching@limericktriathlon.com](mailto:coaching@limericktriathlon.com)

### Monday

<b>Morning</b>		<b>Afternoon</b>		<b>Evening</b>	
<b>Where</b>	U.L Pool	<b>Where</b>	St. Enda's Pool	<b>Where</b>	Kilmurry Hall, U.L
<b>When</b>	7-8.30 am	<b>When</b>	1-2 pm	<b>When</b>	6.25 to 8pm
<b>What</b>	2k-3k swim Sessions by John Dempsey All members welcome	<b>What</b>	2k swim Sessions by Club Members All members welcome	<b>What</b>	Turbo training/core work Sessions by Coach Stephan Sign-up Required
<b>Cost</b>	Public Pool fee only (€5)	<b>Cost</b>	Public Pool fee only (€3)	<b>Cost</b>	Coaching fee applies

### Tuesday

<b>Evening</b>	
<b>Where</b>	U.L Running Track
<b>When</b>	6.45-8pm
<b>What</b>	Running Speedwork Sessions by Joe Chawke All members welcome
<b>Cost</b>	Free of charge

### Wednesday

<b>Morning</b>		<b>Afternoon</b>		<b>Evening</b>		<b>Night</b>	
<b>Where</b>	U.L Pool	<b>Where</b>	St. Enda's Pool	<b>Where</b>	Kilmurry Hall, U.L	<b>Where</b>	St. Enda's Pool
<b>When</b>	7-8.30 am	<b>When</b>	1-2 pm	<b>When</b>	6.25 to 8pm	<b>When</b>	9-10 pm
<b>What</b>	2k-3k swim Sessions by John Dempsey All members welcome	<b>What</b>	2k swim Sessions by Club Members All members welcome	<b>What</b>	Turbo training/core work Sessions by Coach Stephan Sign-up Required	<b>What</b>	Coached swim Sessions by Coach Stephan Sign-up Required
<b>Cost</b>	Public Pool fee only (€5)	<b>Cost</b>	Public Pool fee only (€3)	<b>Cost</b>	Coaching fee applies	<b>Cost</b>	Coaching fee applies

### Thursday

<b>Morning</b>		<b>Night</b>	
<b>Where</b>	U.L Arena Front Door	<b>Where</b>	St. Enda's Pool
<b>When</b>	7am	<b>When</b>	9-10 pm
<b>What</b>	Varied focus weekly runs Sessions by Coach Stephan All members welcome	<b>What</b>	Coached swim Sessions by Coach Stephan Sign-up Required
<b>Cost</b>	Free of charge	<b>Cost</b>	Coaching fee applies

### Friday

<b>Morning</b>		<b>Afternoon</b>	
<b>Where</b>	U.L Pool	<b>Where</b>	St. Enda's Pool
<b>When</b>	7-8.30 am	<b>When</b>	1-2 pm
<b>What</b>	2k-3k swim Sessions by John Dempsey All members welcome	<b>What</b>	2k swim Sessions by Club Members All members welcome
<b>Cost</b>	Public Pool fee only (€5)	<b>Cost</b>	Public Pool fee only (€3)

### Saturday

<b>Morning</b>	
<b>Where</b>	Union Cross, Ennis Road
<b>When</b>	9 am (2-3 hours) variable
<b>What</b>	Group cycle Sessions by Club Members All members welcome
<b>Cost</b>	Free of charge

### Sunday

<b>Morning</b>		<b>Morning</b>	
<b>Where</b>	Parkway Shopping Centre	<b>Where</b>	Cratloe Woods (Back gate)
<b>When</b>	10 am (2 hours)	<b>When</b>	10 am (1-1.5 hours)
<b>What</b>	50-60km Group cycle Sessions by Club Members All members welcome	<b>What</b>	Hill running Sessions by Club Members All members welcome
<b>Cost</b>	Free of charge	<b>Cost</b>	Free of charge

The above training times and sessions are currently running for Winter 09/10. Some club members may meet or have arranged small group sessions outside these times. If you are involved in a small group session not listed above and would like others to have the opportunity to become involved please contact us so we can list the session on the official training timetable [training@limericktriathlon.com](mailto:training@limericktriathlon.com)