

	Coulsdon Clubhouse, 194a Brighton Road	Crystal Palace, National Sports Centre	Caterham School Swimming Pool	Coulsdon High School, Homefield Road, Old Coulsdon
<b>Sunday</b>	9:00, Bike ride, 30-50 miles with tea stop 9:00-9:30 - Long runs from Coulsdon HQ, be sure to check the e-group to confirm someone with keys will be there.			
<b>Monday</b>			20:15pm Coached swim at Caterham School, sessions comprised of Warm up, Drills, Sets and skills/Warm Down	
<b>Tuesday</b>	18:45, Structured Training: Intervals/Hills/Reps/Distance Runs. All hard. Coached/supervised sessions OR Medium pace training run 8-10 miles 19:00, Slower pace training run 6-8 miles	19:00-20:30 Young Athletes 8+ welcome, Supervised Sprints/Hurdles & Middle distance, Supervised Throws - Training only		
<b>Wednesday</b>	Wednesday evenings activity is dependant on the season. In warmer months the club has regular open water swims while in winter the evenings are spent turbo training			
<b>Thursday</b>	18:45, Interval session for men and women - all standards	19:00 - 20:00 Supervised sprints and middle distance		18:00, Supervised and coached training. A range of drills, efforts and intervals are offered in groups of varying abilities and age
<b>Friday</b>			19:45pm Coached swim at Caterham School, sessions comprise of Warm up, Drills, Sets and skills/Warm Down	
<b>Saturday</b>	09:30, ride with Addiscombe CC. Various speed groups to suit all abilities. Leave Coulsdon South BR Station from 09:30			
<b>Sunday</b>	Long runs from Coulsdon HQ, be sure to check the e-group to confirm someone with keys will be there.			