

Discipline	Session	Type	Ability	Location	Description
Swim	Open Water	Coached	All	West Country Water Park	Coached open water swim session. Coaching will cover all aspects of open water swimming. Drills will be set by the coach for either laps or loops near the lake entry point
Swim	Open Water	Social	All	Various	Social swim session at different open water facilities around Bristol and surrounding areas.
Swim	Race Skills	Coached	All	West Country Water Park	Coached open water race specific session. This covers all of the open water race specific skills. For example, mass starts, drafting, navigation, sighting, bouy turns etc
Swim	Pool Training	Coached	All	Various	Appropriate for all levels as pool divided up by ability. Drills set to the appropriate level per lane
Bike	Road Ride	Club Led	All	Various	Club led ride. Distance and speed to be decided based upon attendance
Bike	Road Ride	Social	All	Various	Social ride. Location, distance and speed vary from ride to ride
Bike	Spin Class	Virtual	All	Various	Spin class using various instructional videos
Bike	Spin Class	Instructed	All	Various	Instructor led spin class
Run	5K - 10K	Social	All	Various	Social run sessions. Distance and pace to be decided on the night from those in attendance
Run	Track	Coached / Set Sessions	All	Yate Outdoor Athletics Track	Track session. Sessions will be set by coaching team either in person or via prior communication