

Day	Discipline	Times	Location	Cost
<b>Monday</b>	Swim (open water)** May/Sept ≥12°C*	5:30-dusk	Cliff Lakes, Tamworth Rd, Tamworth B78 2DL**	£5 (£6 Non-NOWCA)*
<b>Tuesday</b>	Swim - Masters (pool)*	6:00-7:00am	Pingles Leisure Centre, Nuneaton, CV11 4LX	£4
	Run (Road)*	7:30-8:30pm	Start from Pingles Athletic Stadium, CV11 4LX	£2
	Swim - Masters (pool)*	8:00-9:00pm	Pingles Leisure Centre, Nuneaton, CV11 4LX	£4
	Swim – NTC swim session (pool)	9:00-10:00pm	Pingles Leisure Centre, Nuneaton, CV11 4LX	£3
	Swim (open water)* May/Sept* ≥12°C	5:00-8:00pm	Stanton lakes, Broughton Rd, Stoney Stanton, Leicester LE9 4JA	£5
	Swim – Masters (pool)*	8:00-9:00pm	Bedworth Leisure Centre, Coventry Rd, Bedworth CV12 8NN	£4
<b>Wednesday</b>	Run (track)*	9:30-10:30am	Pingles Athletic Stadium, Nuneaton, CV11 4LX	£2
	Turbos (winter)	7:00-9:00pm	Old Eds Rugby Club Weddington Rd, CV10 0AL	Session - £2.00 Club Turbo - £1.00
	Swim (open water)* and/or bike May/Sept	6:00-9:00pm	Mallory Park Circuit, Church Road, Kirkby Mallory, Leicestershire, LE9 7QE	£5 Swim or Bike £8 Swim & bike
	Bike (summer)	7:00-9:00pm	Start from Pingles Athletic Stadium Club House, CV114LX or TBA on NTC Facebook page	Free
<b>Thursday</b>	Run (track)*	7:30-8:30pm	Pingles Athletic Stadium, Nuneaton, CV11 4LX	£2
	Swim (open water)* May/Sept ≥12°C*	6:30pm-dark	Market Bosworth Water Trust, CV13 6PD**	Swim - £5 - Car parking free when swimming
	Swim – NTC swim session (pool) Alternate Thursdays	9:00-10:00pm	Pingles Leisure Centre, Nuneaton, CV11 4LX	£3
	Swim (open water)** May/Sept ≥12°C*	6:00-dusk	Cliff Lakes, Tamworth Rd, Tamworth B78 2DL**	£4
<b>Friday</b>	Rest day			
<b>Saturday</b>	Swim – Masters (pool)*	8:00-9:00am	Pingles Leisure Centre, Nuneaton, CV114LX	£4
	Bike (road)	8:30-9:00am start. Various dist 30 – 60 miles	Pingles Leisure Centre (main entrance) Nuneaton, CV11 4LX	Free
	Run (track)*	10:00-11:00am	Pingles Athletic Stadium, Nuneaton, CV11 4LX	£2
	Swim (Open Water)* Apr/Sept	7:00-10:00am 7:00-10:30am	Bosworth Water Park Wellesborough Rd, Market Bosworth, CV13 6PD ** Cliff Lakes, Tamworth Rd, Tamworth B78 2DL**	£5 £5
<b>Sunday</b>	Swim Masters*	6:00-7:00am	Bedworth Leisure Centre, Coventry Rd, Bedworth, CV12 8NN	£4
	Run (off road)*	8:00am various distances from 5 to 15 miles	Old Eds Rugby Club Weddington Rd, CV10 0AL	Free
	Swim (open Water)	7:00-10:00am	Stanton lakes, Broughton Rd, Stoney Stanton, Leicester LE9 4JA	£4

Sessions and prices are subject to change from time to time. Post any queries you may have on Nuneaton Triathlon Club Face Book page or email [info@nuneatontriathlonclub.co.uk](mailto:info@nuneatontriathlonclub.co.uk)

\*In Partnership with others

\*\*National Open Water Coaching Association (NOWCA) swim location – NOWCA wristband required which is a one off purchase of £10

April 2017