



Available Training Sessions

These sessions are either official club sessions or public sessions to which club members regularly attend.

Last updated: 31 Jan 2010

Day	Time	Type	Venue	Coached	Details
Monday	1945	Run	Troon Pool	TBD	Depart foyer for 30mins group run.
	2030	Swim	Troon Pool	Y	Coached club 1hr session.
Tuesday	1745	Run	Citadel, Ayr	N	Longer slower run for 1hr+ at ~8 to 9m/mile pace
	1930-2030	Swim	Troon Pool	N	Public swim session.
Wednesday	1930-2100	Swim	Prestwick Pool	N	Public swim session.
Thursday	0630	Swim	Galleon, Kilmarnock	N	KASC mems only from 0630: public access from 0700.
	1800	Run	Citadel, Ayr	N	Meet at foot of stairs for 30-45mins steady.
	1830	Swim	Citadel, Ayr	Depends on coach availability	Public swim session. Usually 2-3 lanes set aside for club for 1hr.
Friday	2030-2130	Swim	Citadel, Ayr	N	Public swim session (lanes).
Saturday	0930	Bike	Monkton Cross	N	Group ride at tempo pace: 2-3hrs.
Sunday	0930	Bike	Beresford Terrace, Ayr	N	Ayr Roads Sunday bike run. Usually 50 - 60 mile run at a social and comfortable pace, a mid run blast up to Pinmore, regroup then another battle down the Byne followed by a fairly sensible pace back to Ayr.
	1000	Bike	Monkton Cross	N	Group ride at tempo pace: 2hrs.
	1600-1700	Swim	Prestwick Pool	Depends on coach availability	Club 1hr session. (starts 7 th Feb 2010)
	1730-1830	Swim	Galleon, Kilmarnock	N	2 lanes during public session for lane swimming. Usually quiet with a regular 3/4 club members. £3.00 for non members of the Galleon (admission + swim).

Any ad-hoc sessions will be advertised via the club forum ('training buddies' thread)