



## Summer Training Sessions

### **Mondays 1pm** (starting 20<sup>th</sup> June): **Brick Session**

Bike/Run reps. 1hr session. Sandaig

### **Thursdays 6pm** (starting 23<sup>rd</sup> June): **Time Trial**

Bike. Handicap system. Various distances. 1 - 2hrs. Start Loch Bhasapol.

### **Saturdays 2pm** (starting 18<sup>th</sup> June): **Team Training Ride**

Bike. Various distances. No pace pressure. Meet at Crossapol.

## Events

### **Training camp**

18<sup>th</sup> - 21<sup>st</sup> July. Daily sessions for kids and adults.

### **Tiree Triathlon**

6<sup>th</sup> and 13<sup>th</sup> August. Swim/Bike/Run. Additional kids events on dry land.

Training sessions and events are open to Team Tiree members. Membership costs £10 and allows members discounts on club kit. For further info and venue/time/course updates see the website [www.tireefitness.co.uk](http://www.tireefitness.co.uk)

#### Important note:

Because most training sessions take place on open roads they are restricted to adult members. The sessions are group training sessions and not coached or instructed sessions. It should be made clear that responsibility rests with the individual for his or her own safety.

The only exceptions are the Saturday session where adult members can bring their kids so it is more of a family day. However, all responsibility for the child's safety rests with the parent. During the training camp there will be specific sessions for kids which will not include road cycling.