STRIVE'S SPRING/SUMMER ADULT TRAINING PROGRAMME 2021

DAY / TIME	SESSION	VENUE
MON EVENING 6.30pm	Run Fit	Various - venue confirmed weekly
TUES MORNING 6.30am	Swim Fit - Technique & Endurance	Les Beaucamps High School
TUES EVENING 6.30pm	Open Water Discovery OR Explorer Swim	Various - venue confirmed pre-swim
WEDS MORNING 6.30am	Open Water Fitness (intermediate / advanced)	Pembroke or Havelet (weather dependent)
WEDS LUNCH 12.45pm	Run Circuits	Cambridge Park or Candie Gardens
THURS MORNING 6.30am	Open Water Fitness (novice / intermediate)	Pembroke or Havelet (weather dependent)
THURS EVENING 6.30pm	Strength & Conditioning	College of Further Ed (Les Ozouets campus)
THURS EVENING 6.30pm	Tri Skills & Training	Various - venue confirmed weekly
FRI EVENING 6.00pm	Swim Fit - Speed & Strength	St Sampson's High School
SUN MORNING 10.00am	Swim Fit - Pure Technique	St Sampson's High School
SUN MORNING 11.00am	Swim Fit - Pure Endurance	St Sampson's High School

SESSION DESCRIPTIONS

Monday Run Fit: an all abilities run session encompassing track intervals, hill reps, grass & trail running. We use a variety of locations to keep the sessions fun and interesting, whilst targeting all aspects of your running technique and fitness.

Tuesday Swim Fit: a Technique & Endurance session. Mixing up a variety of swim drills targeting different aspects of your front crawl stroke together with an endurance interval set to develop your swim stamina - this is a great all round session!

Tuesday Open Water: a new session for this summer - join a Discovery or Explorer swim and increase your swim distances with coach and safety support there with you. A range of difficulty levels and distances will be on offer and hopefully you'll discover and explore some new swimming territory. These sessions will be offered to current Strive swimmers ONLY - dates and venues will be announced soon. Single session purchases only.

Wednesday & Thursday Open Water Fitness: interval training in the open water! Whether you are training for a triathlon event, open water swim event or just want to improve your swim fitness this is the session for you! Taking place within Pembroke Bay (subject to weather conditions) you will complete short swim 'circuits' within a safe swim zone with coach / kayak support present.

Wednesday Run Circuits: a HIIT session incorporating circuits of agility, speed, strength and running! This session is fun, challenging and a great way to boost your run fitness.

Thursday Strength & Conditioning: get strong for your sport! Our highly experienced strength coach will help you develop your strength & power, improve mobility & movement and build the resilience you need to take your sport to the next level.

Thursday Tri Skills & Training: a triathlon 'skills school' and training session! Running in line with the Try A Tri and Guernsey Tri Club event calendar we will prep you for your events and races. Whether you're signing up for a novice event, an age-group race or the iconic Guernsey Granite Man 70.3 event this session is KEY in your training. We will design each session according to group experience and needs, covering areas such as open water swim starts, transitions (T1 & T2), multi bricks and mini process triathlons to help sharpen up your skills before your event.

Friday Swim Fit: our 'Fast Friday' session is a great way to end your week! Shorter, sharper speed intervals will develop your threshold speed and aerobic fitness. Push a little out of your comfort zone and you'll see the improvements!

Sunday Swim Fit: Pure Technique. This session is entirely dedicated to improving your front crawl stroke to reduce drag and increase propulsion - the best way to make big gains in your swimming is to improve your swimming efficiency. We use a wide range of drills to develop good form & technique in all areas of your stroke - drills will also improve your fitness (and coordination)!

Sunday Swim Fit: Pure Endurance. An opportunity to swim long aerobic intervals whilst focusing on your form. A key session for those training for longer distance triathlons and swim endurance events - these longer distances will challenge your mental grit as well as physical fitness, and prepare you well for your event.