

# Torbay Triathlon Club: Training Sessions

Day	Session	When and Where	Cost
Mon	Indoor Cycling*	Xclusive Fitness, Yalberton Industrial Estate, Paignton 7pm-8pm	£4
Tues	Running: Speed Session	Meet at Torbay Leisure Centre 6:30pm - 7.45/8pm(ish!)	
Wed	Swimming: Brixham*	Admiral Swimming Pool, Brixham 7pm-8pm	£6
Thurs	Running: Social Run	Meet at Torbay Leisure Centre 6.30pm-8pm(ish!)	
Fri	Strength and Conditioning*	South Devon College 6.30pm-7.30pm	£3
Sat	Parkrun! Monthly Parkrun Series	Mainly Torbay Velopark, but we do venture further afield sometimes too! 9am.	
Sun	Swimming: Torbay Leisure Centre* (technique or endurance option)	Torbay Leisure Centre 2:10pm-3pm	£5

\*Session requires booking and payment through the members website: <https://torbaytri.myclubhouse.co.uk/Home>