

Today Triathlon Club



who are we?

A before and afterschool club lead by a professional coach designed on getting kids active through the sport of Triathlon.

What is Triathlon?

Made up of three sports swim, bike and run including transitions between each discipline. great way to stay active and keep training fun!

what do we do?

We run a group session each week, alternating run and bike activities during Autumn term+Spring term. Summer term we run and bike first half of term, second half is swimming each week (venue dependant) Our club aims to encourage you children to take part, learn the importance of team participation and improve bike handling/importance of pacing for running.

Where can you find
us?

Fridays am 8am-8:45am
to sign up follow link by clicking [here](#) or
contact Ali @ todaytriathlonclub@gmail.com



Spaces still available

[Link here](#)

