

	Beginner	Intermediate	Advanced
Swim	Able to complete 1 hour session in pool Willingness to learn Healthy and able to take part is only real requirement	Faster than 7:15 for 400m TT Can use pool clock effectively Understand and maintain pool etiquette Understand majority of freestyle swim drills Pace judgement awareness Be able to complete 100m IM passable technique	Faster than 6min for 400m Freestyle to complete sets in all 4 strokes judgement in freestyle sets to within 2-3 secs Knowledge of wide range of swim drills Tumble turn in sets Able Pace
Bike	Spin and Turbo sessions all welcome, own bike and turbo required for Tuesday PM		
	Group 1 Ride : Clean and well maintained bike Understand and follow highway code BE able to perform basic bike handling techniques for road riding, cornering, mount/dismount, gear selection, riding n groups (include riding less than 1.5m behind rider in front), braking. Ride 20+ miles and for 1.5 hours plus Healthy and able to take part	Group 2 Ride : Complete 30+ miles 2-4 hour ride time. 20-30 km/h average speed. climb and descend safely. knowledge of navigation so can find way home if loose group.	Group 3 Ride : Complete 50+ miles 3.5 hours + Safely and effectively in groups, climb and descend at higher speeds average ride speed get dropped Ride Maintain 30 km/h Find way home if
Run	Mon & Wed Beginner group : Ideally run at least one other time per week Healthy and able to take part is only real requirement	Mon & Wed Intermediate Group : Sub 13min 3k or sub 22min 5k time trial Understand basic run drills Understand track etiquette Run at least one other session per week, ideally 60min plus and maybe additional sessions.	Wed Advanced Group : Sub 11min 3k Time or sub 19min 5k time Understand range of run drills with good form and technique good track ettiquette, be running two other sessions per week as a minimum long run 90min + and other threshold/tempo session Run Run with