



Junior Triathlon Training

A new opportunity for Junior Triathletes, an additional weekly training session in conjunction with Taunton Swimming Club.

Starting Sunday 13th January at Taunton School between 1800h – 2000h and continuing every Sunday.

This will take place at Taunton School (Keeling Pool) and will consist of;

1 hour coached swimming (1800h – 1900h)

1 hour land based coached training (running and cycling) taking place in the school grounds.

The sessions will be coached by Professional Triathlon coaches.

This will be free for all junior members initially for a 4 week period.

Open to all ages but juniors must be able to swim 50m (due to depth of pool).

If you are interested in your child being involved please contact Max Sauter to reserve place.

Contact Max :

sauterm@bridgwater.ac.uk

07941709356 (please leave a message as I can't always answer)