

**Triathlon England North West - Collaborative Sessions**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						8:00, Mersey Tri 8:00, Team Deane 9-10, Rochdale Tri 9-10:30, St Helens Tri 10-11, Mersey Tri	9:30, St Helens Tri 9:30, Rochdale Tri
Afternoon						3-4, Chester Tri 4-5, Chester Tri	
Evening	5:30, Team Deane 6-7, Chester Tri 6:30-8, St Helens Tri 7-9, Rochdale Tri 7-8, Chester Tri 7-8, St Helens Tri 9-10, Mersey Tri 9-10, Kendal Tri	6:30, Team Deane 6:30-8, St Helens Tri 6:45-8, Mersey Tri 7-8, Rochdale Tri 8-9, Rochdale Tri ?-?, Rossendale Tri	6-7, Rochdale Tri 6:30-8:15, St Helens Tri 7:00, Team Deane 7-9:15, Mersey Tri 8-9, Chester Tri 8-9, Kendale Tri	6-7, Rossendale Tri 6:45-8, Mersey Tri 7-8, St Helens Tri 7:00, Team Deane 7:10-8:10, Rossendale 7:15-8:30, Rochdale Tri 9-10, Rochdale Tri	6-7, Chester Tri 7-8, Chester Tri 7-8, Team Deane 8-9, Mersey Tri	5-6, Chester Tri 6-7, Team Deane	5-6, Chester Tri

Key

Swim
Open Water Swim
Bike
Run
Other