



Coached Swim Training



Friday Evenings at 7.30pm

Starting 9th January

12 one hour sessions in total

Get Race Ready with Coach Kylie Mansfield



Brecon Triathlon Club is a friendly club with a range of swimmers from complete beginners to Iron distance competitors.

There will be 4 lanes: slower swimmers in the first lane, more experienced in the last lane, so everyone will be training with swimmers of similar ability.

We encourage booking for all 12 sessions, as a block, to provide consistent training which will result in measurable improvements by the end of term.



Pricing

12 sessions £50

Brecon Triathlon Club Membership is required. Priority given to those on previous blocks.

*Occasional swims £5
(by prior arrangement)*

Fee includes pool entry & coaching

Book via the website [contact form](#)

www.brecontriathlonclub.co.uk