

WILLES DENT TRIATHLON

Aquathlon (Swim/Run) Training Programme

For beginners and people getting back into fitness

The Event



Willesden Aquathlon
28 April
400m pool swim → 5km run



The Training

6 weeks training plan from 20th
March to 24th April
Run every Wednesday (7-8pm)
2 swim technique sessions in
small groups

More info
& Sign up



The Cost

£80 for all coached sessions +
entry to Willesden Aquathlon