

# EAST ESSEX TRIATHLON CLUB



## WHO ARE WE?

We are a friendly club based around the South East Essex Areas.

We provide coached swimming, running and cycling training sessions to kids, youths and adults of all abilities!

## WHEN?

- Mondays coached swim (Youth and Adults)
- Tuesdays coached track (Kids, Youths and Adults)
- Thursdays competitive Zwift ride (Youths and Adults)
- Saturdays social run (Youth and Adults)
- Sundays social bike ride (Youths and Adults)
  
- Open water swimming - informal summer sessions
- Kids cycle training - monthly

Feel free to contact us for more information on Facebook or Instagram



## FIND OUT MORE

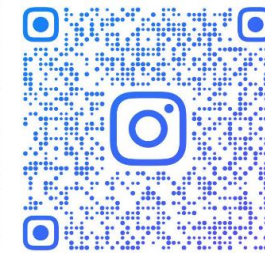
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# SCAN US!



RACE REGISTRATION



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