

STRIVE OPEN WATER TRAINING PROGRAMME 2021

DAY/TIME	SESSION	VENUE	DATES	LEVEL	APPROX CRUISING PACE	APPROX SWIM DISTANCE	WETSUITS	MAX SWIMMERS	NOTES
MON 6.00pm	Open Water Beginners Course *	Various	4 week courses starting Mon 19 July	Beginner	N/A	N/A	OPTIONAL (advised)	12	Introduction to swimming in the open water - beginners only.
TUES 6.30pm	South Coast Explorer Swims **	Various	3-4 swims Dates TBC	Intermediate / Adv	2.00/100m or faster	Max 3500m	YES	16	South Coast swim 'journeys'
TUES 6.30pm	West Coast Discovery Swims **	Various	3-4 swims Dates TBC	Novice/Intermediate	2.20/100m or faster	Max 2000m	YES	16	West Coast swim 'journeys'
WEDS 6.30am	Open Water Fitness ***	Pembroke or Havelet	Weekly from 2 June	Intermediate / Adv	2.15 /100m or faster	2000m	OPTIONAL	20	Open water fitness intervals
THURS 6.30am	Open Water Fitness ***	Pembroke or Havelet	Weekly from 3 June	Novice/Intermediate	Any	1500m	OPTIONAL	20	Open water fitness intervals

* Open to anyone including non-Strive swimmers

** Strive / Paradise 2021 swimmers only - must have attended a Strive pool training session 2020/2021 OR Strive Open Water Fitness session prior to joining a 'swim journey' session

*** Priority given to current Strive pool swimmers