

# TRAINING WEEKEND 2015

Friday 8th May - Sunday 10th May 2015. Places limited to 40 persons - £37.50p.p

To register click [here](#).

To see who's going click [here](#).

What is included?

- ▶ Friday and Saturday night in dormitory accommodation <http://www.yha.org.uk/hostel/kings>
- ▶ Breakfast and evening meal on Saturday
- ▶ Breakfast on Sunday
- ▶ Bar and relaxation lounge on site

The Centre is located at the southern end of the Snowdonia National park, at the base of Cader Idris, and only a few miles from the coast.

The weekend is open to all club members with all abilities catered for.

The training will be a mixture of running and riding similar to previous years, we will have a full schedule nearer the time. Coed-Y-Brenin is not far for those who wish to mountain bike.

Feel free to participate in all or just some of the sessions on offer. The weather in Wales is very unpredictable so many changes of kit/ shoes are advisable. Adequate drying facilities are on site. Bike storage is also available.

No evening meal has been booked at Kings YHA Friday night. I will look to either arrange food in a near by pub, or arrange for meals at the YHA nearer the time.

## THE TRAINING:

The weekend is open to all club members with all abilities catered for. You can do as much or as little as you like, it's not just about the training, but an opportunity to chill out and relax in good company. A full training schedule will follow, but will comprise a mixture of challenging runs and rides of different distances. See previous training weekends for example programmes.

If you have any questions contact Alison or Kenny.

