

Motivate Challenge Training Weekends

Weekend Schedule

Friday Night

8.00pm *Introduction to Avon Ri*

Saturday

9.00am *Meet at the Gym*
Fitness Programme & Training

10.30am *Break*

10.45am *Nav Training*

1.30pm *Lunch*

2.30pm *Out on the Hills*

5.30pm *Dinner*

6.30pm *Pool Kayaking Session*

8.30pm *Talk from Biker*



Sunday

10.00pm *Meet at 10.00am*

Bike

1.00pm *Lunch*

2.00pm *Kayaking*

4.30pm *Change*

5.00pm *Talk from Runner*

6.00pm *Finish*

