



Ever wanted to Tri a Triathlon ?

Here's your chance :

Dartford & White Oak Triathlon Club in Swanley are offering you the chance to train with us as a triathlete for 6 weeks.

Our first six week course will start on the 26th April until the 14th June. Which leads up to our Triathlon on the 7th June.

FOR ONLY £50

You will be given a training plan for six weeks:

After six weeks you will be ready for your first sprint triathlon - here's how :

You will become a full member of White Oak Tri Club for six weeks.

You will be able to join in unlimited swim sessions, cycle sessions, run sessions, one transition session and come along to a Q & A session.

Our Senior British Triathlon Coach will ensure that your training plan is adaptable and manageable.

Go for it! join us on line today or contact
Lara.hawkings@ntlworld.com