

# Chorley Athletic and Triathlon Club

# Training Sessions - Winter 14

Day	M O N D A Y						T U E S D A Y				
Place	Holy Cross	<-----Holy Cross----->					Southlands		Various	Horwich Track	
Time	6.00-6.45	<-----7.00-8.00----->					7.00-8.00		6.30-7.30	6.30-7.30	
Group/session	pre 1	4	3	2	1	speed / endurance	throws	core		adult sprint	
Coaches	John P Richard R Ruth Whipp Simon T	Mike M Ruth W Richard R	Rick C Nick H	Mike M Ian L	Pete G Richard F	Anna M	Alan M Simon T	Stuart S	Stuart S Simon T	Rick C John W	
Age	yrs 3-4	yrs 5+	yrs 5+	yrs 5+	yrs 5+	senior	13+	13+	junior/senior		senior
Disciplines:- Athletics Tri	Athletics	Athletics Tri	Athletics Tri	Athletics Tri	Athletics Tri	Athletics Tri	Athletics	Athletics	Athletics		Sprints
Max Numbers	40	20	20	20	20	n/a	10	10	n/a		n/a
Register	Janet Brooks	<-----Janet Brooks----->					n/a	Simon Townsend		n/a	

note 1

note 2

Day	T U E S D A Y	T H U R S D A Y							
Place	Buckshaw Primary School	<-----Parklands Indoors----->			Horwich Track	Cricket Club	Various	Brinscall Baths	
Time	6.00-7.15	<-----6.30 - 7.30----->			6.30-7.30	7.30-8.30	6.30-8.00	6.00-7.00	
Group/session	1	1	2	3	sprints	speed / endurance	endurance	endurance run and walk	
Coaches	Steve T Mark S	Mike M Steve T Pete G	Mike M Steve T Pete G	Richard F Alison F	Rick C John W	Stuart S Simon T	- -	John P	Jonathan G Jane B
Age	yrs 3+	yrs 5+	yrs 5+	yrs 5+	13+/seniors	13+/seniors	senior	senior	min 8 yrs
Disciplines:- Athletics Tri	Tri	Athletics Tri	Athletics Tri	Athletics Tri	Athletics	Athletics	Athletics Tri	Athletics	Tri
Max Numbers	30	20	20	20	20	20	n/a	n/a	20
Register	Karen Hancock	Marc Rimmer			Simon Townsend		n/a	n/a	Jane Bowles

## Notes

note 3

note 1 - sessions at Holy Cross Easter to October

note 2 - venue may vary

note 3 - sessions at Astley Park Easter to Oct