Overview of Training Sessions

Day	Type	Brief Description	Age	Ability	Notes
Monday	Fundamentals	all athletic disciplnes	6-8 year olds	all abilities	
	Foundation	all athletic disciplnes	8-16 year olds	all abilities	
	Cycling	turbo session	all ages	all abilities	
	Throwing	javelin, discus, shot, hammer	8-16 year olds	competitive	
	Jumping	high, long, triple	8-16 year olds	competitive	
	Core	gym based strength work	8-16 year olds	competitive	
	Endurance	running (on and off road)	adults	all abilities	
Tuesday	Endurance	running (on and off road)	8-16 year olds	competitive	
	Endurance	running (on and off road)	all ages	all abilities	
	Sprint	track	all ages	all abilities	
	Cycling	UCLAN track (summer)	all ages	all abilities	
Thursday	Endurance	track	all ages	all abilities	
	Sprint	track	all ages	all abilities	
	Endurance	running (on and off road)	8-16 year olds	competitive	
	Endurance	running (on and off road)	adults	all abilities	
	Endurance/Walking	running (on and off road)	adults	all abilities	
	Swimming	Brinscall pool	adults	all abilities	
Saturday	Endurance	running (on and off road)	8-16 year olds	competitive	when no competitions
Sunday	Endurance	running (on and off road)	adults	all abilities	when no competitions

For more information, please visit our website.

Why not try one or more of our training sessions. There is a wide variety of abilities and ages that go to most of our sessions, so you will fit in no problem. Many of the training sessions are free, and run by coaches on a voluntary basis. If a charge is payable, this is to offset some of the costs of hiring the venue e.g. sports hall or track. Sessions costs are either free or £2 for members.

facebook.com/groups/chorley.athletic.and.triathlon

twitter.com/ChorleyATC

www.chorley-athletic-and-triathlon.org
contact@chorley-athletic-and-triathlon.org

CHORLEY ATHLETIC & TRIATHLON CLUB

run : jump : throw : bike : swim : walk : fun

Chorley

Welcome to Chorley Athletic and Triathlon Club

Chorley Athletic and Triathlon Club is a grass-roots club for people of all ages and abilities interested in road, cross country, trail, fell, multi-eventing, walking, cycling, swimming, track and field competition and/or just keeping fit and healthy.

Our club in its present form was established in May 2012, and is now one of the largest clubs based in the North West of England. Our club is entirely run by volunteers, and is thriving with over 400 registered members.

Our club welcomes any new members of any ages and ability, and is renowned for being a very friendly club and having some very good regional, national and international athletes.

We are proud of our friendly club.

www.chorley-athletic-and-triathlon.org
contact@chorley-athletic-and-triathlon.org

Advantages of Club Membership

There are many advantages to being a member of an athletic club, and these include...

- running with club members encourages you to train better and more often
- free advise from expert coaches
- low cost or free training
- entry to 6 cross country races, 6 interclub road races and about 10 track and field events free of charge
- lower cost or free entry to races
- travel with club mates and reduce travel costs
- discount on sports clothing and equipment from selected vendors
- run and socialise with like minded people
- have a laugh and reduce stress training with friends after a busy day
- it's fun!

Witton Park Relays

Club Events

Our club also organises many large events in the Chorley area during the year, including Roddlesworth Roller, Daffodil Doddle, Astley Trail Series, Katie Hewison Duathlon, Interclub, Cross Country and Track and Field.

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What should I do next?

1. Simply come along to one of our training sessions and try it.
If you like us, then join us.
2. Add this our website to your favourites and/or follow us on Facebook or Twitter so you know what's going on
... and have a great time.

Junior training at White Coppice

Club Coaching

All the clubs' coaches and assistants are volunteers who give up many hours a week to provide coaching to senior and junior athletes. For every hour that a coach coaches, there are many other hours of preparation and analysis.

The club is committed to providing relevant training for its coaches to ensure safety and excellence for athletes attending training sessions.

The number of qualifies coaches the club has limits the number of athletes that attend training sessions. If you would like to become a coach or coaching assistant, please contact a senior coach.