

CHORLEY ATHLETICS AND TRIATHLON JUNIOR DEVELOPMENT PATHWAY

ATHLETICS/RUNNING

Specialist Endurance

Age: 11yrs +

Group Size

4 x groups based on ability and age

Coach:

TUESDAY:: GROUP 1: Katie Hewison, GROUP 2: Stuart Kilmartin, GROUP 3: Richard Farron GROUP 4: Stuart Swann

THURSDAY: GROUP 1: Ian Leigh, GROUP 2: Stuart Kilmartin, TRACK: Stuart Swann

GENERAL PRINCIPLES

- Likely to be specialising in chosen discipline
- Athletes will competing in specific events as agreed with coach
- Focus on endurance, speed and competing
- Athletes will be assigned to group based on ability and age
- Disciplines could be track/field, multievents, running, triathlon

Specialist Sessions

Throwing: Alan Morris
Jumping: Stuart Swann
Sprinting: Rick Cordwell

Foundation

Age: 9yrs +

Group Size:

2 x groups split into ability

Coaches

MONDAY:- GROUP A: Vannesa Glew, GROUP B: Simon Townsend

THURSDAY:- GROUP A: Richard Farron, GROUP B: Mike Mason

GENERAL PRINCIPLES

- Non specialist athletes
- Athletes may/will be competing across range of disciplines for experience and development
- Focus on skill, technique and building strength and stamina
- Age from 9 upwards and will progress through groups B to A (as agreed by coaches) until they wish to chose a specialist training group
- Progression will be determined through time trial and assessment by coaches
- Coaches discretion to move athletes across groups as appreciate

FUNDamentals

Age: 6-8yrs

Group Size

1 x group

Coaches

John Payn; Mike Mason; Simon Townsend: Vanessa Glew

GENERAL PRINCIPLES

- Only train once a week – Monday is only session available for children 8yrs and under
- Non competing (generally) although should participate in suitable for fun and experience

TRIATHLON

CYCLING

Group Size

30 (split into two ability groups)

Coach:

Steve Thomas/Mark Sheffield

GENERAL PRINCIPLES

- Typically Tristar 2 and above if competing Triathlon or age 11+
- Athletes will be competing in Multisports events ie Triathlon/Duathlons
- Focus on cycling technique and skill, speed and endurance
- Will include transition and brick sessions for multi sport as appropriate

SWIMMING

Group Size

Up to 16 (split into two lanes)

Coach:

Jane Bowles

GENERAL PRINCIPLES

- Typically Tristar 2 and above if competing Triathlon or age 8+
- Athletes will be competing in Multisports events ie Triathlon/Aquathlon
- Focus on technique, skill, speed and endurance