

Chorley Athletic and Triathlon Club

Training Sessions - Summer 2016

Day	M O N D A Y							T U E S D A Y			
Place	Holy Cross	< ----- St Michaels ----- >					St Michaels		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						speed / endurance	throws	core	speed/ endurance	adult sprint
Coaches	John P Simon Vanessa Mike Kevin	Katie Ian	Rick Simon	Richard Jordan	Carl Stuart K	Anna M	Alan M	Stuart S	Stuart Simon	Rick John W	
Age	yrs 3-4	yrs 5+	yrs 5+	yrs 5+	yrs 5+	senior	13+	13+	junior/senior	13+/senior	
Disciplines:- Athletics Tri	Athletics	Athletics Tri	Athletics Tri	Athletics Tri	Athletics Tri	Athletics Tri	Athletics	Athletics	Athletics	Sprints	
Max Numbers Register	40 Janet Brooks	20	20	20	20	n/a n/a	10 Simon Townsend	10	n/a n/a	n/a n/a	

note 1

note 2

Day	T U E S D A Y	T H U R S D A Y									
Place	Various	< ----- St Michaels ----- >					Horwich Track		Cricket Club	Various	Brinscall Baths
Time	6.00-7.15	< ----- 6.30-7.30 ----- >					7:00-8:00		7.30-8.30	6.30-8.00	6.00-7.00
Group/session	1						sprints, endurance	throws	endurance	endurance run and walk	1
Coaches	Steve T Mark S	Katie Ian	Richard F	Steve T Alison F		Rick John W Stuart Simon	Alan	- -	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 Register	30 Karen Hancock	20	20	20		20 Simon Townsend	20	n/a n/a	n/a n/a	20 Jane Bowles	

Notes