

ASTLEY & TYLDESLEY CYCLING CLUB – CLUB SESSIONS PROGRAMME 2020

Date	Time	Group	Coach/ Trainer	SP No	Session Plan
Sun. 2 Feb.	13:00	Junior	Catherine White		
Sun. 2 Feb.	14:00	Intermediate	Catherine White	16	Pre-season Stamina
Sun. 2 Feb.	15:00	1 st Team Squad	Steve Harris		
Tue. 4 Feb.	17:30	Junior	Catherine White		
Tue. 4 Feb.	18:30	Intermediate	Catherine White	17	Pre-season Fartlek
Tue. 4 Feb.	19:30	1 st Team Squad	Steve Harris		
Sun. 9 Feb.	13:00	Junior	Catherine White		
Sun. 9 Feb.	14:00	Intermediate	Catherine White	2	Peddalling
Sun. 9 Feb.	15:00	1 st Team Squad	Steve Harris		
Tue. 11 Feb.	17:30	Junior	Catherine White		
Tue. 11 Feb.	18:30	Intermediate	Chaz Whalley	18	Interval
Tue. 11 Feb.	19:30	1 st Team Squad	Steve Harris		
Sun. 16 Feb.	13:00	Junior	Mark Grantham		
Sun. 16 Feb.	14:00	Intermediate	Catherine White	1	Cornering
Sun. 16 Feb.	15:00	1 st Team Squad	Steve Harris		
Tue. 18 Feb.	17:30	Junior	Chaz Whalley		
Tue. 18 Feb.	18:30	Intermediate	Steve Harris	18	Interval
Tue. 18 Feb.	19:30	1 st Team Squad	Steve Harris		
Sun. 23 Feb.	13:00	Junior	Mark Grantham		
Sun. 23 Feb.	14:00	Intermediate	Chaz Whalley	3	Positioning at Start
Sun. 23 Feb.	15:00	1 st Team Squad	Steve Harris		
Tue. 25 Feb.	17:30	Junior	Chaz Whalley		
Tue. 25 Feb.	18:30	Intermediate	Catherine White	9	Elbowing
Tue. 25 Feb.	19:30	1 st Team Squad	Steve Harris		
Sun. 1 Mar.	13:00	Junior	Mark Grantham		
Sun. 1 Mar.	14:00	Intermediate	Mike Hack	4	Starting
Sun. 1 Mar.	15:00	1 st Team Squad	Steve Harris		
Tue. 3 Mar.	17:30	Junior	Chaz Whalley		
Tue. 3 Mar.	18:30	Intermediate	Catherine White	5	Picking up
Tue. 3 Mar.	19:30	1 st Team Squad	Steve Harris		
Sun. 8 Mar.	13:00	Junior	Mark Grantham		
Sun. 8 Mar.	14:00	Intermediate	Steve Harris	6	Switching
Sun. 8 Mar.	15:00	1 st Team Squad	Steve Harris		
Tue. 10 Mar.	17:30	Junior	Chaz Whalley		
Tue. 10 Mar.	18:30	Intermediate	Mark Grantham	10	Powering Round
Tue. 10 Mar.	19:30	1 st Team Squad	Steve Harris		