

**ASTLEY & TYLDESLEY CYCLING CLUB – CLUB SESSIONS PROGRAMME 2021**

Date	Time	Group	Coach/ Trainer	SP No	Session Plan
Sun. 4 Apr.	13:00	Junior	Mark Grantham	16	Pre-season Stamina
Sun. 4 Apr.	14:00	Intermediate	Mike Hack		
Sun. 4 Apr.	15:00	1 <sup>st</sup> Team Squad	Steve Harris		
Tue. 6 Apr.	17:30	Junior	Mark Grantham	17	Pre-season Fartlek
Tue. 6 Apr.	18:30	Intermediate	Catherine White		
Tue. 6 Apr.	19:30	1 <sup>st</sup> Team Squad	Steve Harris		
Sun. 11 Apr.	13:00	Junior	Mark Grantham	2	Pedalling
Sun. 11 Apr.	14:00	Intermediate	Mike Hack		
Sun. 11 Apr.	15:00	1 <sup>st</sup> Team Squad	Steve Harris		
Tue. 13 Apr.	17:30	Junior	Mark Grantham	18	Interval
Tue. 13 Apr.	18:30	Intermediate	Catherine White		
Tue. 13 Apr.	19:30	1 <sup>st</sup> Team Squad	Steve Harris		
Sun. 18 Apr.	13:00	Junior	Mark Grantham	1	Cornering
Sun. 18 Apr.	14:00	Intermediate	Mike Hack		
Sun. 18 Apr.	15:00	1 <sup>st</sup> Team Squad	Steve Harris		
Tue. 20 Apr.	17:30	Junior	Catherine White	18	Interval
Tue. 20 Apr.	18:30	Intermediate	Catherine White		
Tue. 20 Apr.	19:30	1 <sup>st</sup> Team Squad	Steve Harris		
Sun. 25 Apr.	13:00	Junior	Mark Grantham	3	Positioning at Start
Sun. 25 Apr.	14:00	Intermediate	Mike Hack		
Sun. 25 Apr.	15:00	1 <sup>st</sup> Team Squad	Steve Harris		
Tue. 27 Apr.	17:30	Junior	Catherine White	9	Elbowing
Tue. 27 Apr.	18:30	Intermediate	Mike Hack		
Tue. 27 Apr.	19:30	1 <sup>st</sup> Team Squad	Steve Harris		
Sun. 2 May	13:00	Junior	Mark Grantham	4	Starting
Sun. 2 May	14:00	Intermediate	Mike Hack		
Sun. 2 May	15:00	1 <sup>st</sup> Team Squad	Steve Harris		
Tue. 4 May	17:30	Junior	Mike Hack	5	Picking up
Tue. 4 May	18:30	Intermediate	Steve Harris		
Tue. 4 May	19:30	1 <sup>st</sup> Team Squad	Steve Harris		