

ASTLEY & TYLDESLEY CYCLING CLUB – CLUB SESSIONS PROGRAMME 2021

Date	Time	Group	Coach/ Trainer	SP No	Session Plan
Sun. 9 May	12:00	1st Team Squad	Steve Harris	15	Fartlek
Sun. 9 May	13:00	Junior	Steve Harris		
Sun. 9 May	14:00	Intermediate	Mike Hack		
Tue. 11 May	17:30	Junior	Mike Hack	11	Diving
Tue. 11 May	18:30	Intermediate	Catherine White		
Tue. 11 May	19:30	1 st Team Squad	Steve Harris		
Tue. 18 May	17:30	Junior	Catherine White	13	Shielding Partner
Tue. 18 May	18:30	Intermediate	Mike Hack		
Tue. 18 May	19:30	1 st Team Squad	Steve Harris		
Tue. 25 May	17:30	Junior	Mike Hack	5	Picking Up
Tue. 25 May	18:30	Intermediate	Catherine White		
Tue. 25 May	19:30	1 st Team Squad	Steve Harris		
Tue. 1 Jun.	17:30	Go-Ride	Steve Harris		
Tue. 1 Jun.	18:30	Go-Ride			
Tue. 1 Jun.	19:30	1 st Team Squad			
Tue. 8 Jun.	17:30	Junior	Mike Hack	21	1st Bend Tactics – Attacking from Grid 2
Tue. 8 Jun.	18:30	Intermediate	Catherine White		
Tue. 8 Jun.	19:30	1 st Team Squad	Steve Harris		
Tue. 15 Jun.	17:30	Junior	Catherine White	22	1st Bend Tactics – Attacking from Grids 3 or 4
Tue. 15 Jun.	18:30	Intermediate	Mike Hack		
Tue. 15 Jun.	19:30	1 st Team Squad	Steve Harris		
Tue. 22 Jun.	17:30	Junior	Mike Hack	23	1st Bend Tactics – Cutting Back from an Outside Grid
Tue. 22 Jun.	18:30	Intermediate	Steve Harris		
Tue. 22 Jun.	19:30	1 st Team Squad	Steve Harris		
Tue. 29 Jun.	17:30	Go-Ride	Steve Harris		
Tue. 29 Jun.	18:30	Go-Ride			
Tue. 29 Jun.	19:30	1 st Team Squad			