

ASTLEY & TYLDESLEY CYCLING CLUB – CLUB SESSIONS PROGRAMME 2022

Date	Time	Group	Coach/ Trainer	SP No	Session Plan
Tue. 1 Feb.	17:30	Junior	Chaz Whalley	16	Pre-season Stamina
Tue. 1 Feb.	18:30	Intermediate	Catherine White		
Tue. 1 Feb.	19:30	1 st Team Squad	Steve Harris		
Sun. 6 Feb.	13:00	Junior	Mike Hack	17	Pre-season Fartlek
Sun. 6 Feb.	14:00	Intermediate	Chaz Whalley		
Sun. 6 Feb.	15:00	1 st Team Squad	Steve Harris		
Tue. 8 Feb.	17:30	Junior	Mike Hack	2	Pedalling
Tue. 8 Feb.	18:30	Intermediate	Catherine White		
Tue. 8 Feb.	19:30	1 st Team Squad	Steve Harris		
Sun. 13 Feb.	13:00	Junior	Chaz Whalley	17	Pre-season Fartlek
Sun. 13 Feb.	14:00	Intermediate	Mike Hack		
Sun. 13 Feb.	15:00	1 st Team Squad	Steve Harris		
Tue. 15 Feb.	17:30	Junior	Steve Harris	1	Cornering
Tue. 15 Feb.	18:30	Intermediate	Chaz Whalley		
Tue. 15 Feb.	19:30	1 st Team Squad	Steve Harris		
Sun. 20 Feb.	13:00	Junior	Chaz Whalley	18	Interval
Sun. 20 Feb.	14:00	Intermediate	Mike Hack		
Sun. 20 Feb.	15:00	1 st Team Squad	Steve Harris		
Tue. 22 Feb.	17:30	Junior	Chaz Whalley	3	Positioning at Start
Tue. 22 Feb.	18:30	Intermediate	Mike Hack		
Tue. 22 Feb.	19:30	1 st Team Squad	Steve Harris		
Sun. 27 Feb.	13:00	Junior	Mike Hack	18	Interval
Sun. 27 Feb.	14:00	Intermediate	Steve Harris		
Sun. 27 Feb.	15:00	1 st Team Squad	Steve Harris		
Tue. 1 Mar.	17:30	Junior	Chaz Whalley	9	Elbowing
Tue. 1 Mar.	18:30	Intermediate	Mike Hack		
Tue. 1 Mar.	19:30	1 st Team Squad	Steve Harris		
Sun. 6 Mar.	12:00	Junior	Mike Hack	4	Starting
Sun. 6 Mar.	13:00	Intermediate	Chaz Whalley		
Sun. 6 Mar.	14:00	1 st Team Squad	Steve Harris		
Tue. 8 Mar.	17:30	Junior	Mike Hack	5	Picking up
Tue. 8 Mar.	18:30	Intermediate	Chaz Whalley		
Tue. 8 Mar.	19:30	1 st Team Squad	Steve Harris		

Denotes change from original rota.

