

CAAT Session Profile 2022		Junior Entrance Sessions	Junior Track and Field	Junior Speed and Endurance	Junior/Senior Triathlon	Senior Track and Field	Senior Speed and Endurance
Mon	18:00-19:00		Sprints/Hurdles/Throw/Jump, Westway, Kevin				
Mon	19:00-20:00		Sprints/Hurdles/Throw/Jump, Westway, Kevin				Speed Endurance, St Michaels*, Lisa/Viv/Kat/Martin
Tue	18:00-19:00			Speed Endurance, Various, Simon/Stuart	See Speed Endurance		
Tue	18:30-19:30			Speed Endurance, Various, Stuart/Jan			Speed Endurance, Various, Stuart/Jan
Tue	19:00-20:00		Sprints (U15+), Horwich, Rick			Sprints, Horwich, Rick	
Wed	20:00-21:30				Swimming, Brinscall Baths/All Seasons, Jane/Steve		
Thu	18:00-19:00		Sprints/Jumps, Westway, Kevin	Speed Endurance, Various, Horwich, Collette/Andrew	See Speed Endurance		
Thu	18:30-19:30	Foundation, St Michaels, Mike/Pete/Simon					
Thu	18:45-19:45			Speed Endurance, Horwich, Stuart/Jan			Speed Endurance, Horwich, Stuart/Jan
Thu	19:00-20:00		Sprints (U15+), Horwich, Rick			Sprints, Horwich, Rick	Tempo/Easy Long Run, Queens Road, Martin
Thu	19:00-20:00						Easy Run, Various, John
Thu	19:00-20:00		Sprints/Jumps, Westway, Kevin				
Sat	09:00-10:00			CAAT Monthly Parkrun, Various			CAAT Monthly Parkrun, Various
Sat	09:30-11:00		Sprints (U15+), Westway, Rick			Sprints, Westway, Rick	
Sun	11:00-12:00	FUNdamentals, Westway, Kevin/Simon					
Sun	12:00-13:00	Foundation, Westway, Kevin/Simon					
Sun	16:00-17:00				Swimming, Brinscall Baths/All Seasons, Jane/Steve		

Additional Notes

Coaches may organise additional sessions on an ad-hoc basis.

Cycling sessions are being planned.

* Horwich track will be used every month from 20:00-21:00