

# Athlete Development /SessionProfile CAAT - 2025

Progress on age /  
ability / desire

	Mondays	Tuesday	Wednesday	Thursday
Seniors from age 16+	<b>Seniors - training</b>			<b>Seniors - social run</b>
	19.00-20.00 Buckshaw/Track Lisa Johnston Vivienne Law			19.00-20.00 Various Martin Quinn
Specialised sprint sessions by invite 14+	<b>Sprints</b>			<b>Sprints &amp; Hurdles</b>
	19.00-20.00 Horwich Rick Cordwell			19.00-20.00 Horwich Rick Cordwell
Progression from Foundation depending on age / ability / desire; 12+	<b>Sprints, throws, jumps</b>	<b>Speed Endurance (Road / Trail)</b>		<b>Sprints, throws, jumps</b>
	19.00-20.00 Westway	18.00-19.00 Buckshaw/Astley Park Simon Townsend Stuart Kilmartin		19.00-20.00 Westway
	18.00-19.00 Westway Kevin Hogan			18.00-19.00 Westway Kevin Hogan
				<b>Speed Endurance (Track)</b>
Progression from 'Fundamentals' or new athletes 9-12			<b>Foundation</b>	<b>Foundation</b>
			19.00-20.00 Westway Kevin Hogan Simon Townsend	18.30-19.30 St Michaels Mike Mason Peter Gillham
Initial start sessions for all athletes 6-8			<b>Fundamentals</b>	
			18.00-19.00 Westway Kevin Hogan Simon Townsend	