

**Training Sessions
For The
Senior Membership
Of**



2021-22

**Seniors Tuesday
Track (with Trail
Option)**



Seniors Tuesday Track (with Trail Option)

Session Leads /Coaches

David Barnes 07961 535163 / davidbarnes.david@gmail.com

Marcus Taylor 07958 420953 / marcusjtaylor147@gmail.com

Martin Cullen 07806 507728 / martinjcullen67@gmail.com

Martyn Bell 07972 296546 / martynmercury@gmail.com

Meeting Place for ALL Track and Trail Sessions - Club hut, Track side

Key Session Times

7.00pm – Track access for ALL

7.00 -7.10pm Drills 'on demand'

7.10pm – Trail session start 'on demand' - all sessions will be back for the last few track intervals

7.20pm - Main track session starts

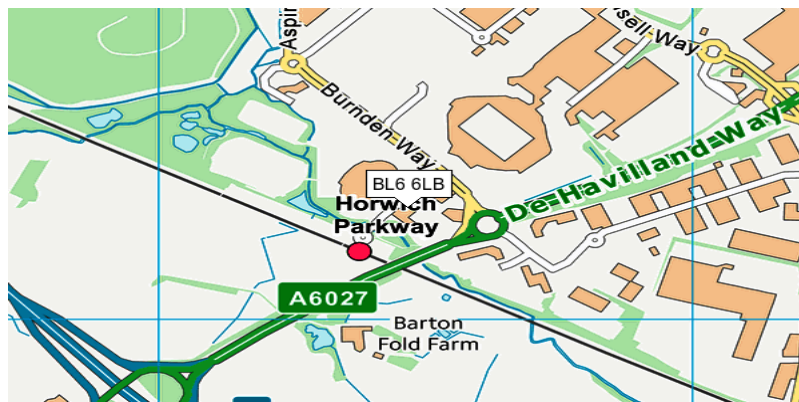
Suitability – We cater for All levels of ability from absolute beginner to elite level - bring appropriate footwear such as spikes, road shoes, road racing flats and trail shoes

Sessions – all scalable depending on ability – track (middle/long distance reps) & trail (sprints, hills)

Costs - **£2.50 per session** (the Tuesday track and trail sessions are the ONLY sessions we charge – this small fee helps cover essential club costs such as ongoing training courses for club coaches, renovation of the track, track equipment, hire of track etc There is no need to pay on the night. We keep a record of who has attended and periodically we will send you an email which is an 'invoice on attendance' only - payable via MOJO on the club website)

Location - Bolton Arena - Arena Approach, Horwich, Bolton BL6 6LB

Car Parking - **Free**



Seniors
Tuesday
Trail / Road



Seniors Tuesday

Trail / Road

Session Lead – Andrew Storey (M: 07895 045120 E: andrew.storey4@gmail.com)
Paul Sykes
Geoff Leech

Start / Meeting Place - from 6.20pm **Main session** - 6.30pm

Suitability – Beginner to intermediate level with some running experience – this is very much a relaxed training session with all abilities welcomed

Session – Different sessions are offered each week (hills, flat speed etc) for approximately 60 minutes. Between April and September when it is light in the evenings, the runs will be around the 'trails' of Rivington. Between September - April the group moves to 'road' based efforts around Horwich

Terrain -Trails (April-Sep), Road (Sept-April)

Cost of Session - **FREE**

Meeting Locations

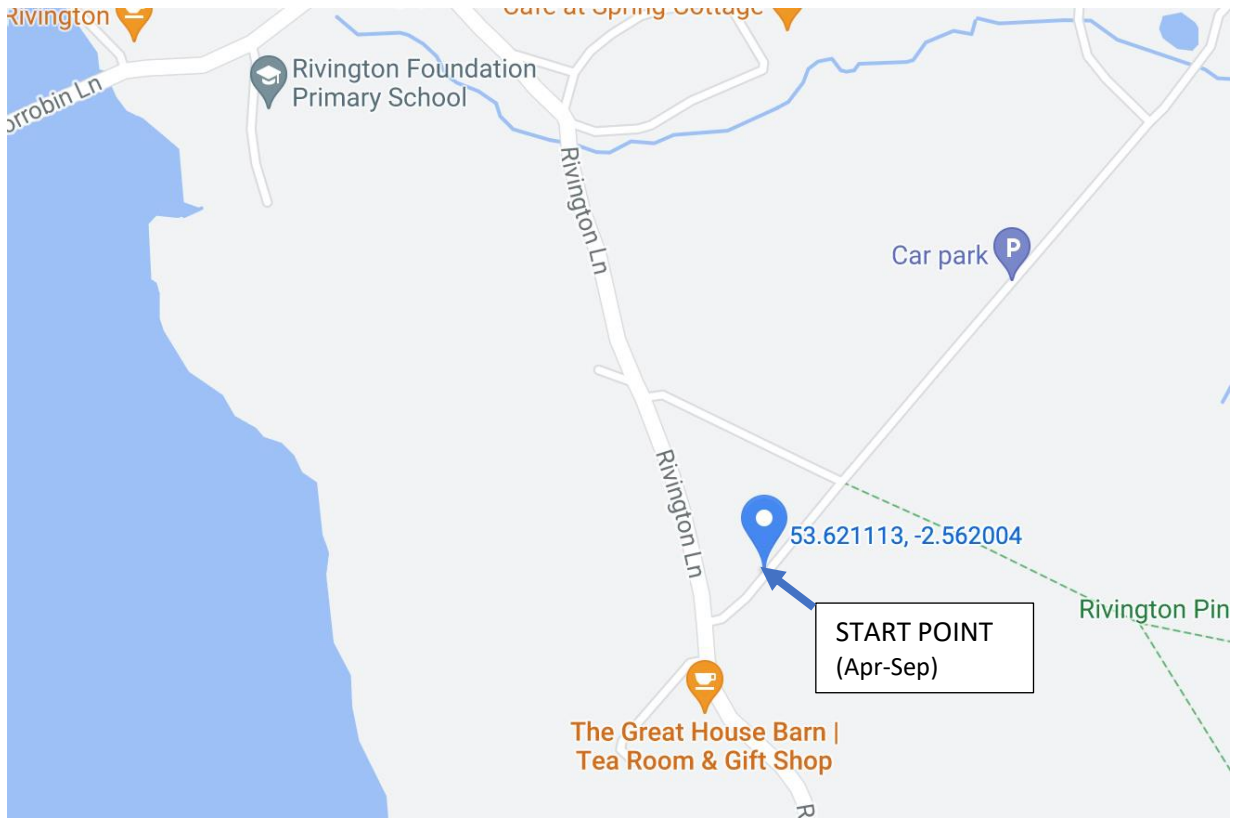
April- September - Rivington - the driveway between the lower barn and the top barn at Rivington

September - April - Horwich Leisure Centre – outside the main reception

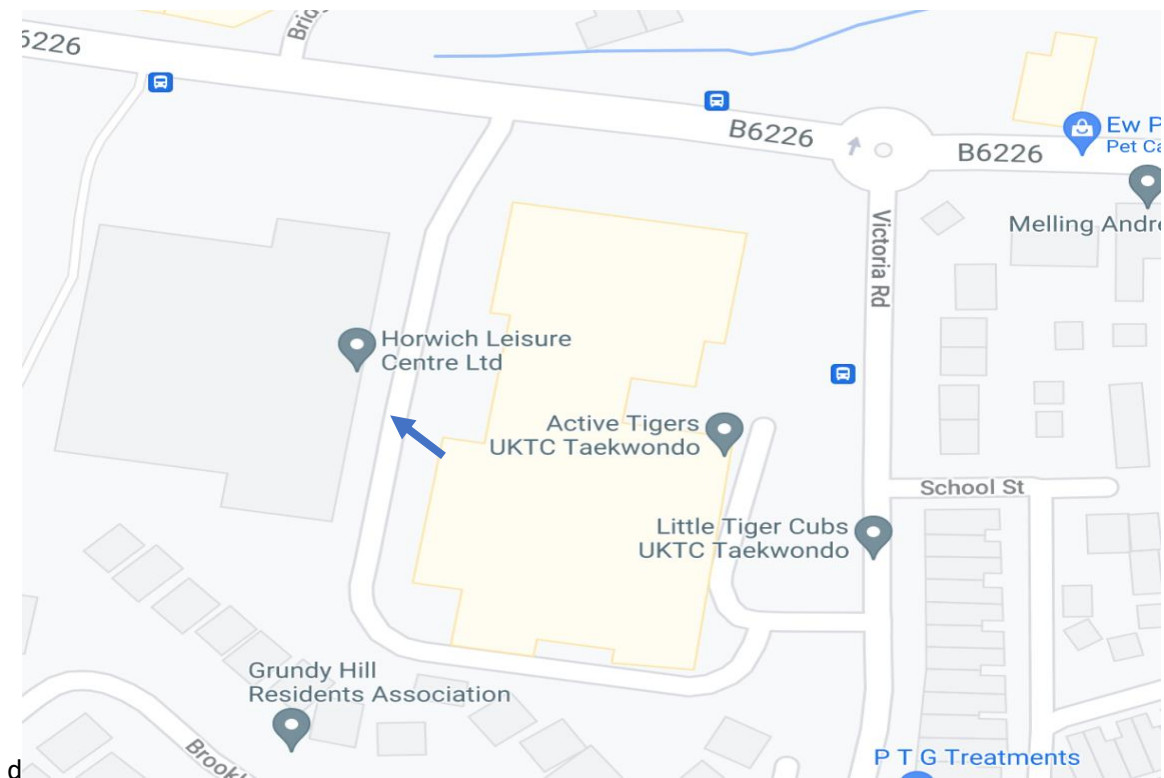
Car Parking - **FREE**

Cont'd

Meeting location for April- September - Rivington - park approx. 200m from the lower barn, on the driveway that leads up to top barn - BL6 7SB



Meeting Location for September - April - Horwich Leisure Centre – outside the main reception



Seniors

Thursday Tempo



Seniors Thursday

Tempo

Session Lead - Martin Cullen 07806 507728

Meet From - 6.50pm **Main Session Starts** – 7pm

Start / Meeting Location

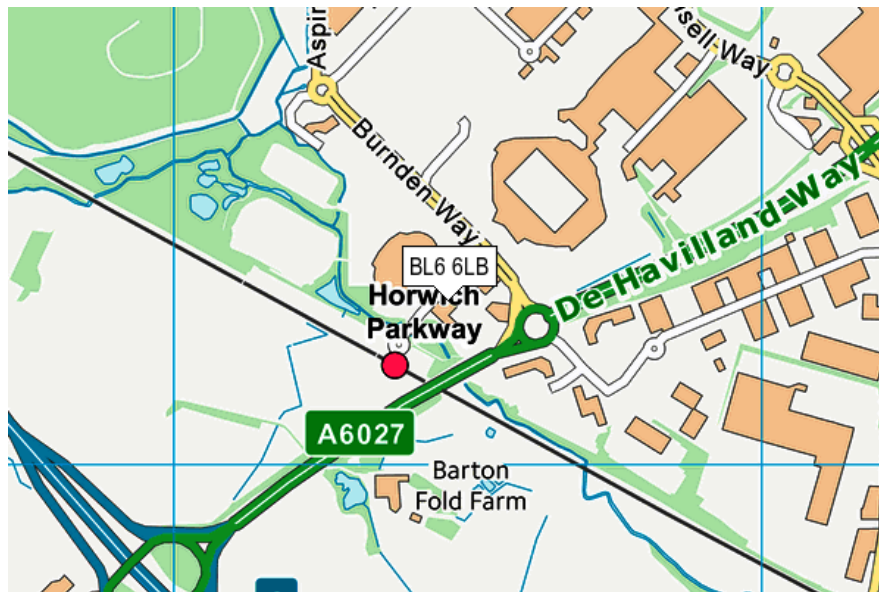
Bolton Arena Reception - Arena Approach, Horwich, Bolton BL6 6LB

Car Parking - **FREE**

Suitability – Intermediate level with some running experience

Session – On road and trails with the ability to run non-stop for approx. 60-75 mins at 8min to 8min 15 min/mi

Cost of Session - **FREE**



**Senior
Thursday
Hills**



Senior Thursday Hills

Session Leads Tony Hesketh (07552 657789)
Janet Rashleigh (07761 228532)

Main session starts - 6.30pm (meet from **6.20pm**)

Suitability – We cater for all standards of ability from absolute beginner to advanced level - ALL sessions are scalable to meet your individual fitness needs

Session – Hill rep sessions will vary each week and utilise all available fells, trails and road for a session lasting 60-75 minutes duration

Meeting Place Locations

April – September Start/ Meeting Place – Park on the layby called ‘the drive’ approx. 200m from the Lower Barn (Great House Barn) at Rivington Lane BL6 7SB

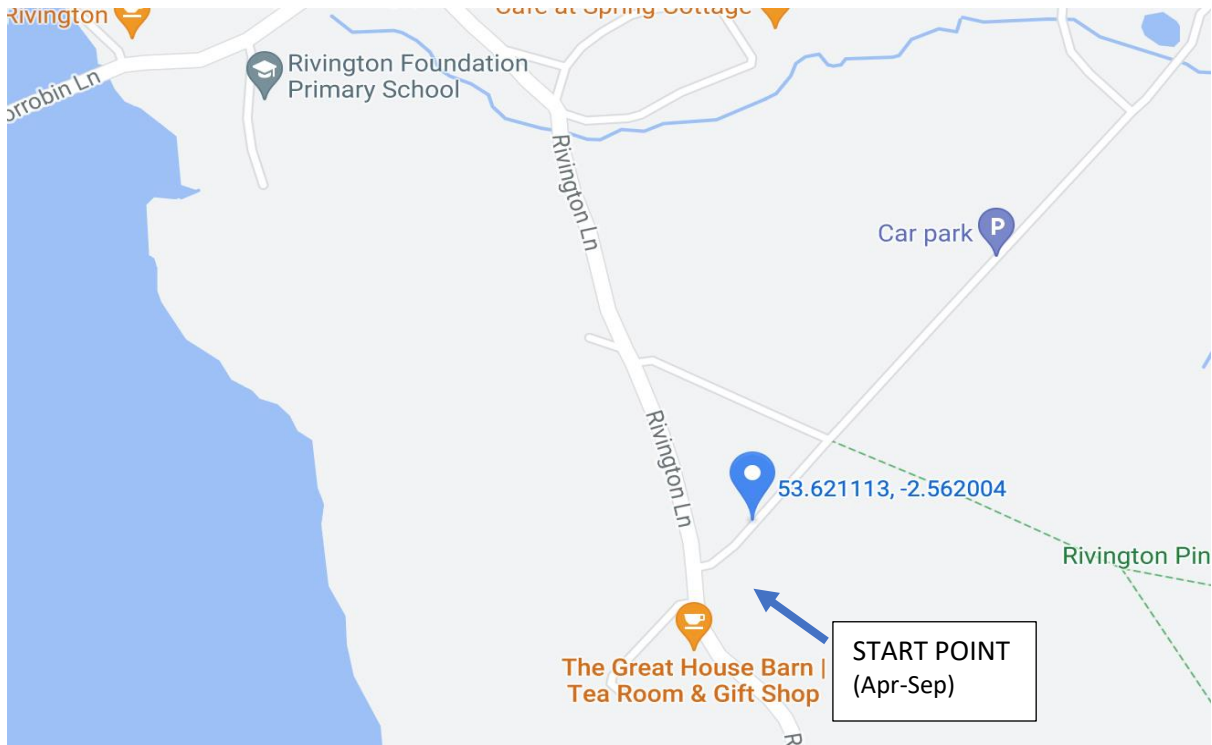
September – April Start / Meeting Place - Park on the layby, approx. 100m from the Jolly Crofters pub on St Georges Lane, just off Chorley Old Rd, Bolton BL6 6RE

Cost of session - FREE

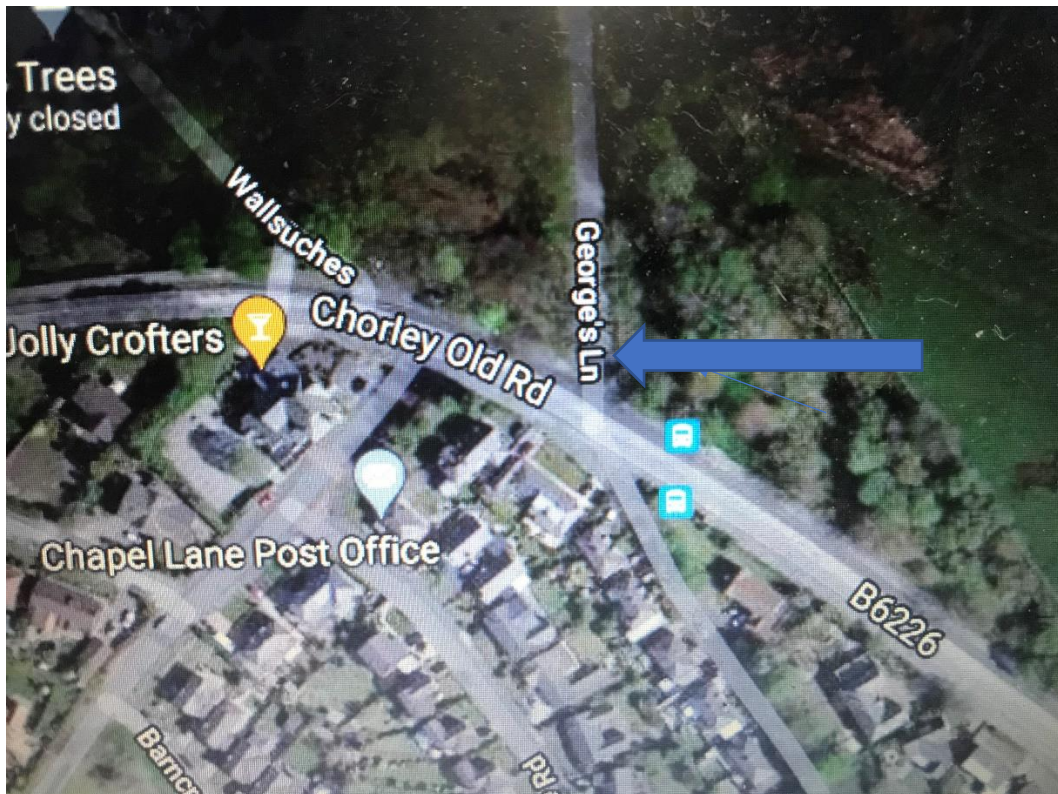
Car Parking - FREE

Cont'd

Meeting location for April- September – Rivington - park approx. 200m from the lower barn, on the driveway that leads up to top barn - BL6 7SB



September – April Start / Meeting Place - Park on the layby, approx. 100m from the Jolly Crofters pub on St Georges Lane, just off Chorley Old Rd, Bolton BL6 6RE



**Senior
Thursday
Trail / Road**



Seniors Thursday

Trail / Road

Session Lead – Andrew Storey (M: 07895 045120 E: andrew.storey4@gmail.com)
Paul Sykes
Geoff Leech

Start / Meeting Place – **from 6.20pm** **Main session starts - 6.30pm**

Suitability – Beginner to intermediate level with some running experience- this is very much a relaxed training session with all abilities welcomed – nobody is left behind

Session – Easy to steady pace for approx. 60 minutes – between 8- 10km in distance – A general group run where everyone keeps together – the routes vary each week and are planned to allow runners to cut the distance short should they wish. Between April and September when it is light in the evenings the runs are around the trails of Rivington. Between September-April the group moves to road-based routes around Horwich – at times some headtorch trail runs are arranged.

Terrain - Roads and trails

Cost of Session - **FREE**

Meeting locations

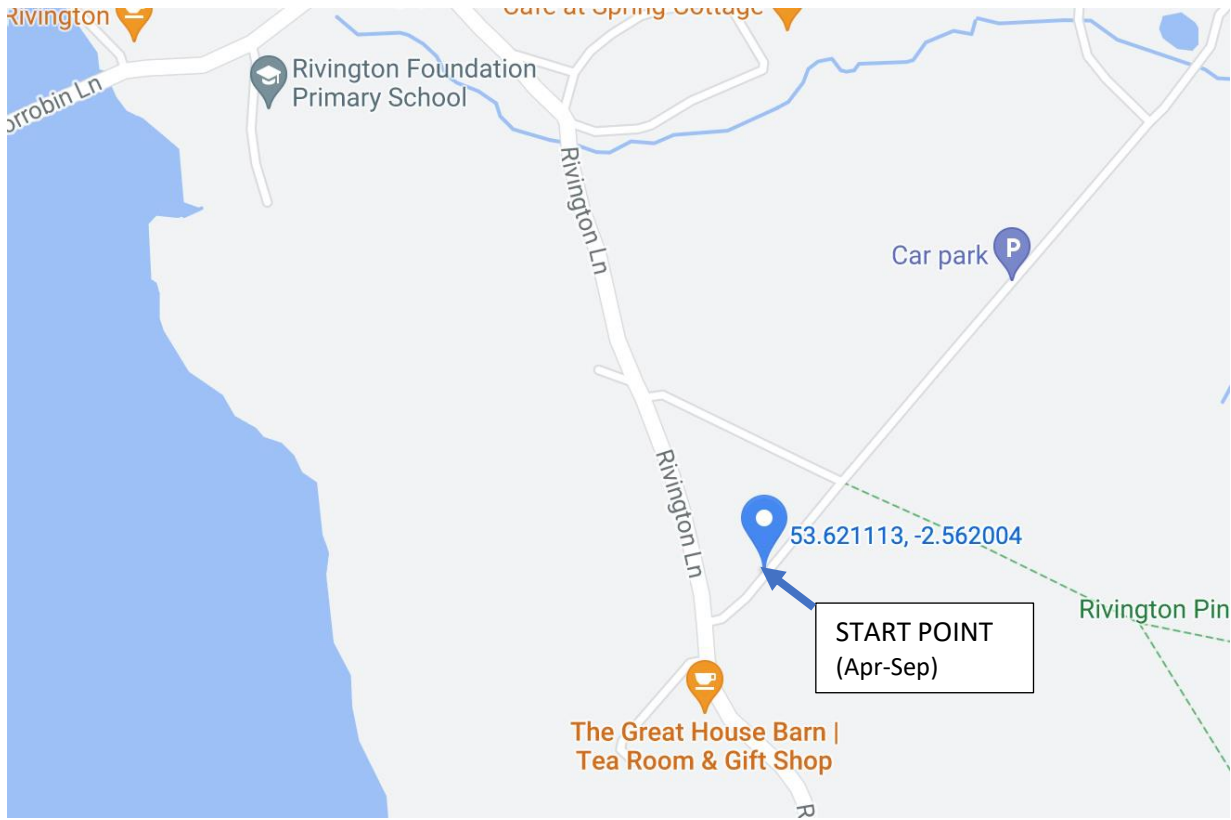
April- September - Rivington - The driveway between the lower barn and the top barn at Rivington (See Map Below). BL6 7SB - **Mainly Trails**

September-April - Horwich Leisure Centre – outside main reception - **Mainly Road**

Car Parking - **FREE**

Cont'd

April- September - Rivington - park approx. 200m from the lower barn, on the driveway that leads up to top barn - BL6 7SB



September-April - (mainly road & sometimes headtorch trail) Horwich Leisure Centre – outside main reception

