

# NORTH WEST PENTATHLON HUB 2025 SEASON



## April - July

**Booking on** - We will be using the App 'Heja' to confirm your session attendance. This helps our coaches plan more athlete bespoke sessions. Please book on as soon as possible.

**Key for season plan below**- TD - Training Day, **LR** - LaserRun, **GS** - Goal Setting, **OCR** - ninja obstacle course training, **F** - Fencing, **Bi** - Biathlon, **S**- Swimming, **AA** - venue Accrington Academy (BB5 4FF), **11** - venue Eleven Fitness gym (BB4 6LB), **Yellow highlights** Coach Evening goal setting sessions.

Week	17	18	19	20	21	22	23	24	25	26	27	28	29	
<b>PAYMENT</b>	SUBS £40												£15 NonM £25	
<b>TRAINING BLOCKS</b>	BLOCK TWO - 10 weeks - Biathlon & LaserRun main													
	Comp prep			aerobic conditioning						Comp preP				TD
Training mode	LR	Bi LR		Bi LR	OCR F	Bi LR	OCR F	Bi LR	OCR F	Bi LR	LR		BIATHLE OW LAKES tbc	
Location	AA	AA	NO	AA	11	AA	11	AA	11	AA	AA	NO	6	
Duration	1.5	2		2	2	2	2	2	2	2	1.5		SUN	
Day	SAT	SUN	TRAINING DUE TO COMP	SUN	SAT	SUN	SAT	SUN	SAT	SUN	SAT	TRAINING DUE TO COMP		
Date	26th Apr	4th May		18th May	24th May	1st June	7th June	15th June	21st June	29th June	5th Jul		20th Jul	
Start Time	8	8		8	11	8	11	8	11	8	8		10	
Coaches	DP	NR DP		NR DP	NR DP	NR DP	NR DP	NR	NR	NR DP	DP		NR DP	
<b>COMPETITIONS</b>	27/4 Euro Biathlon Qu, Cheltenham Lido (NR attend)	3&4/5 Biathlon Triathlon Euro Qu, Leweston School	10/5 Invitational Biathlon Triathlon, Madeira (NR attend)				Date TBC North West Schools LaserRun Qu for Nationals - Accrington Academy TBC			22/6 World Triathlon Qu, Leweston School		6/7 Biathlon competition Yorkshire Sunday PM	12&13/7 GB Schools & World Qu LaserRun	HUB TRAINING DAY