

NORTH WEST PENTATHLON HUB 2025 SEASON



January - April

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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
PAYMENT	SUBS £35									£15 NonM £25			£15 NonM £25			FULLY BOOKED	
TRAINING BLOCKS	BLOCK ONE - 9 weeks prep stages OCR Fence, LaserRun																
	Alternating weekly focus. LaserRun/Fenceand OCR																
Training mode	LR GS	OCR	LR F	OCR	LR F	OCR	LR F	OCR	LR F	TD			TD				
Location	AA	11	AA	11	AA	11	AA	11	AA	Bi/LR/OCR AA/11			Bi/LR/F AA			Hub Camp Lanzarote	
Duration	2.5	1.5	2	1.5	2	1.5	2	1.5	2	6			6			Bi Tri LR OCR S	
Day	SUN	SAT	SUN	SAT	SUN	SAT	SUN	SAT	SUN	SUN			SUN			16 - 23 rd April	
Date	12th Jan	18th Jan	26th Jan	1st Feb	9th Feb	15th Feb	23rd Feb	1st Mar	9th Mar	16th Mar			6th Apr				
Start Time	8	11	8	11	8	11	8	11	8	10			10				
Coaches	NR DP	NR DP	NR DP	NR DP	NR	NR DP	NR DP	NR	NR DP	NR DP	NR	NR DP	NR DP			NR DP	
COMPETITIONS				2/2 Pentathlon, Millfield School					8/3 Pentathlon, Bath Uni	Hyndburn & Ribbles Valley Laser and OCR session 12-4pm	HUB TRAINING DAY	22/3 GB Schools Biathlon, Bath Uni 21&22/3 BUCS Pentathlon & Para Triathlon, Oxford	29/3 Pentathlon & LaserRun, Liverpool 30/3 Hull Biathlon, Yorkshire	5/4 HUB TRAINING DAY 6/4 Pentathlon, Leweston School			14 - 23/4 Pentathlon Camp, Lanzarote