

NORTH WEST PENTATHLON HUB 2025 SEASON



July - December

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	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
PAYMENT	SUBS £40												£15 NonM £25										
TRAINING BLOCKS	BLOCK THREE - 10 weeks - Competition prep LaserRun / Biathlon / Triathlon																						
	7 WEEKS block build AC skills transitions into Race							3 week comp prep race pace															
Training mode	Bi LR	OCR F	Bi LR	OCR F	Bi LR	OCR F	Bi LR	NO	Bi LR	Bi LR	Bi LR	NO					TD						
Location	AA	11	AA	11	AA	11	AA		AA	AA	AA		Bi LR OCR AA / 11										
Duration	2	2	2	2	2	2	2	TRAINING	2	2	2	TRAINING	6										
Day	SUN	SAT	SUN	SAT	SUN	SAT	SUN	DUE TO COMP	SUN	SUN	SUN	DUE TO COMP	SUN										
Date	27th Jul	2nd Aug	10th Aug	16th Aug	24th Aug	30th Aug	7th Sept	COMP	21st Sept	28th Sept	5th Oct	COMP	16th Nov										
Start Time	8	11	8	11	8	11	8		8	8	8		10										
Coaches	NR DP	NR	DP TBC	DP	NR DP	NR DP	NR DP		NR DP	NR DP	NR DP	NR	NR DP				NR DP			NR	NR DP		
COMPETITIONS								14th Sept TBC Fleetwood Biathlon of the Roses					11/10 UIPM European Biathlon Triathlon LaserRun Championships, Atlanta, Turkey		HUB TRAINING DAY				DATE TBC UIPM Biathlon/Triathlon World Champs, Mossel Bay South Africa		North West Hub Schools Biathlon Qu ? TBC		