

## NATIONAL TETRATHLON TRAINING DAYS 2025

There will be two National Tetrathlon Training Days, one in Bath and the other in Yorkshire.

### **BATH**

This will be held at the University of Bath on **Sunday 23<sup>rd</sup> February 2025**.

Applications are invited from any athletes who competed during 2024 at Open or Intermediate level. There will be 24 places available. The day will consist of coaching sessions in Shooting, Swimming, Track Running and Strength & Conditioning. The coaches are all ex-Tetrathletes and are all currently engaged as coaches in their respective disciplines. The cost of the day is £50 per athlete.

Applications should include the following information:

- Name
- Date of birth
- Competition history
- Details of current training undertaken
- Involvement in PC activities

**Closing date for applications is Friday 3rd January 2025. Successful applicants will be notified by the Friday 17th January 2025.**

**Applications to:** Richard Mosley  
**Email:** [richardmosley241@outlook.com](mailto:richardmosley241@outlook.com)

### **YORKSHIRE**

Date, venue and details to be confirmed.