

Gosforth Harriers training schedule

When?		Who?	Where?	What?	Why?
Monday	6:00pm	Junior beginners	Fawdon Community Centre (winter) Bohemian's sports club (summer)	Running, games and drills	Increase endurance Improve form Have fun!
Monday	7:00pm	Juniors Groups A,B, C, D	Bohemian's sports club	Steady run (3.5-6 miles) ± speed relays/ hill reps/efforts	Increase endurance Increase speed Recovery run if after weekend race
		Seniors/veterans	Bohemian's sports club	Steady run (5-8 miles) ± speed relays/ hill reps /efforts/ progression pace	Increase endurance Increase speed Get a taste of 'training' Recovery run if after weekend race
Wednesday	7:00pm	Juniors/seniors	Churchill track	Track session Warm up, 1 mile, session (e.g. 5 x 800m or 8 x 400m reps, 15 min 200m relays), warm down	Improve speed endurance
Thursday	6:45pm	Juniors groups A, B, C (by coach invitation) Seniors	Bohemian's sports club	Steady or tempo run 4-6 miles	Increase endurance
Saturday	10am	Juniors/seniors	Gosforth High Park (race course) OR (alt venue: Weetslade CP)	Multi terrain strength and speed session Hill reps, tempo efforts, short fast relays	Increase leg strength, speed endurance, leg speed, improve running form
Sunday	8:30am	Seniors	Gosforth High Park (race course)	Long steady run (8-12 miles)	Increase endurance
	10:00am	Juniors groups A, B, C (by coach invitation)	Gosforth High Park (race course)	Long steady run (4-7 miles)	Increase endurance