

Gosforth Harriers training schedule

When?	Who?	Where?	What?	Why?
Monday 7:00pm	Junior beginners	Gosforth Central Park (winter) Bohemian's (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
Monday 7:00pm	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 10:00am	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
Sunday 10:00am	Juniors groups A, B, C (by coach invitation)	Gosforth High Park (race course)	Long steady run (4-7 miles)	Increase endurance