

When?	Who?	Where?	What?	Why?
Monday 7:00pm	Junior beginners	Gosforth Central Park (winter) Gosforth Park race course (summer)	Running, games and drills	Increase endurance Improve form Have fun!
Monday 7:00pm	Juniors Groups A,B, C, D	Bohemian's sports club (winter) Gosforth Park race course (summer)	Steady run (3.5-6 miles) ± speed relays/ hill reps/efforts Recovery run if after weekend race	Increase endurance Increase speed
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 x400m reps, 15 min 200m relays), warm down	Improve speed endurance
Thursday 6:45pm Juniors groups A, B, C	Seniors, (Juniors by coach invitation)	Bohemian's sports club (winter) Gosforth Park race course (summer)	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