

## HARROGATE HARRIERS JUNIORS TRAINING SCHEDULE - from w/c 6<sup>th</sup> September 2021

Please note that attendance at training sessions is by INVITATION ONLY.

Coaches will send out email invitations via Sportlyzer.

DAY	SESSION	COACH ASSISTANT COACH* PARENT HELPER**	LOCATION	TIME
<b>MONDAY</b>	Middle Distance Running	Jo Day Rachel Forrest*	Trinity Church	18:00 – 19:00
	Sprinting (younger athletes)	Art McCann Colin Hickey Lisa Cowley*	Rossett Top Gym	17:45 – 18:45
<b>TUESDAY</b>	Foundations 1	Mark Bryant Rachel Forrest Lisa Cowley*	Rossett Top Gym and Hall  <i>(NB we are no longer able to run hurdles sessions on the astro - we will work out an alternative once we get going with the term's training)</i>	18:00 – 19:00
	Sprinting (Event Specific)	Art McCann Colin Hickey		17:45 – 19:00
	Foundations 2	Mark Bryant Natalie Barnett* Lisa Cowley*		19:00 – 20:00
Hurdles	Lisa Cowley* Jon Ireland			
<i>Please note this is from 12<sup>th</sup> October</i>	Throws	Mark Webster	Ashville Sports Hall 2	18:00 – 19:00
	High Jump			19:00 – 20:00
<b>WEDNESDAY</b>	Middle Distance Running	Jo Day Rachel Forrest*	Trinity Church	18:00 – 19:00
	Foundations 3	Mark Bryant Vanya Worrall* Rob Reynolds-Jones**	Ashville Sports Hall & Astro	18:00 – 19:00
	Sprinting (Event Specific)	Jon Ireland		
<b>THURSDAY</b>	Fundamentals 1	Jon Ireland Mark Webster	Harrogate High Sports Hall	17:45 – 18:55
	Fundamentals 2	Jon Ireland Mark Webster		19:00 – 19:55
<b>FRIDAY</b>	Sprinting	Mark Bryant Vanya Worrell*	St Aidan's Sports Hall/Astro	18:00 – 19:00
<b>SATURDAY</b>	Sprinting	Jon Ireland Lisa Cowley*	Valley Gardens	9:00 – 10:00

Definitions: Fundamentals = years 5 – 8, Foundations = years 8 - 11