

North Highland Harriers

Weekly training schedule

	Monday		Tuesday		Thursday		Friday		Saturday	Sunday
Time	5.30pm	6.00pm	5.30pm	5.30pm	5.30pm	5.30pm	5.15pm	6.00pm	9.00am	10.00am
Where	Thurso Squash Club carpark	Wick Youth Club	Wick Riverside Carpark	Thurso Boating Pond Hut, Millbank Road	Wick Riverside Carpark	Thurso Boating Pond Hut, Millbank Road	Thurso Squash Club	Wick Train Station	Wick Train Station	Various locations
Type of session	Beginners	Beginners	Squad Reps - see NHH website for session	Squad Reps - see NHH website for session	Pack run	Squad Reps - see NHH website for session	Pack run	Squad Hill Reps	Pack run	NHH Winter Trail Series - see NHH website for details