

Club Training

Written by Administrator
Sunday, 12 January 2014 00:00

TRAINING / YMARFER

Club training evenings are on Tuesdays and Thursdays weekly.

On Tuesdays, sprinters, throwers and younger junior athletes training takes place between **6pm and 7pm all year**

. During the winter, the athletes get to choose between training on the track or in the sportshall inside the Leisure Centre. There is a middle distance group for secondary school and above athletes that train on the track between 6.45pm and 8.00pm on a Tuesday with coaches.

[Harriers Training Poster](#)

Training Fees

As from 1 March 2018

£3 on Tuesday evenings

£2 on Thursday evenings

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If you want to see what goes on come on a Tuesday- Thursday's are a bit more intense, where the more experienced athletes are going through their paces. Come and watch, but not there is no general coaching session.

It's a friendly club and all athletes are welcome- we have a huge young membership, but sadly you can not compete OR train for/with the club until you are 9 yrs old. (AAW Rules)

New members are always welcome whether you are a novice or an experienced athlete, The emphasis is on participation and enjoyment. We do not provide training for those who wish to get fit for other sports.

Carmarthen Harriers trains at the track at Carmarthen Leisure Centre, Llansteffan Rd, Johnstown, Carmarthen, SA31 3NQ.