

Group Training Sessions



Each week the GaleForce Running Squad conducts a number of group training sessions at locations across Brisbane & Ipswich.

Group training sessions cater for runners of all ages & abilities. Training for a 5km race, 10km run, half marathon, marathon, the run leg in a triathlon, an ultra-marathon or just wanting to get fit, then the GFRS has sessions for you!

MONDAY

Session: 'Beginners' Running Group

Time: 9:00am

Venue: Kangaroo Point Park

Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com

Cost: \$5.00 full / training squad members
\$8.00 casual members

Who: Beginner & intermediate runners / walkers, women, masters, veterans

Notes: *Session focuses on running, games, stretching & activities & is not suitable for mothers with prams. NO babysitting will be available at this session.*

Session: 'Speed' Session

Time: 5:30pm

Venue: Limestone Park (Ipswich)

Coach: David Lambert - 0409 754 561
ipswich@galeforcerunning.com

Cost: \$5.00 full / training squad members
\$8.00 casual members

Who: Beginner & intermediate runners / walkers, women, masters, veterans

Session: 'Beginners' Group Run

Time: 6:00pm

Venue: Kangaroo Point Park

Coach: Lisa Thurtell – 0422 806 499
training@galeforcerunning.com

Cost: \$5.00 full / training squad members
\$8.00 casual members

Who: Beginner & intermediate runners / walkers, women, masters, veterans

TUESDAY

Session: 'Speed' Session

Time: 5:30am

Venue: UQ Athletic Oval (meet in the carpark)

Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com

Cost: \$5.00 full / training squad members
\$8.00 casual members

Who: Beginner & intermediate & experienced runners, women, masters, veterans



Group Training Sessions



Session: 'Speed' Session
Time: 5:30am
Venue: Limestone Park (Ipswich)
Coach: David Lambert - 0409 754 561
ipswich@galeforcerunning.com
Cost: \$5.00 full / training squad members
\$8.00 casual members
Who: Beginner & intermediate runners / walkers, women, masters, veterans

Session: CBD Lunch-Time Runs
Time: 12:30pm
Venue: City Botanic Gardens (cnr. Alice & Edwards Streets)
Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com
Cost: \$5.00 full / training squad members
\$8.00 casual members
Who: Beginner & intermediate runners / walkers, women, masters, veterans

Session: 'Kids' Running Training Group
Time: 4:30pm (45 minute training session)
Venue: Hawthorne Park (Hawthorne Road)
Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com
Cost: \$8.00 casual members
Who: Kids between the ages of 8-14 years of age
Notes: *Parents MUST sign-in & sign-out kids at each session. Parents MUST also be present for the whole training session & cannot leave the park area.*

Session: 'Speed' Session
Time: 5:30pm
Venue: Hawthorne Park (Hawthorne Road)
Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com
Cost: \$5.00 full / training squad members
\$8.00 casual members
Who: Beginner & intermediate runners / walkers, women, masters, veterans

WEDNESDAY

Session: Long Slow Run
Time: 5:00am (time subject to change)
Venue: Regatta Hotel (Toowong)
Coach: Rebecca Strachan - 0433 805 956
rebecca@galeforcerunning.com
Cost: \$5.00 training squad members
\$8.00 casual members
Who: Beginner, intermediate & experienced runners, women, masters, veterans



Group Training Sessions



Session: 'Speed' Session
Time: 5:30am
Venue: Limestone Park (Ipswich)
Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com
Cost: \$5.00 full / training squad members
\$8.00 casual members
Who: Beginner, intermediate & experienced runners, women, masters, veterans

Session: 'Beginners' Speed Session
Time: 6:00pm
Venue: Roma St. Parklands (Brisbane CBD)
Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com
Cost: \$5.00 full / training squad members
\$8.00 casual members
Who: Beginner & intermediate runners / walkers, women, masters, veterans

THURSDAY

Session: 'Beginners' Running Group
Time: 9:00am
Venue: Kangaroo Point Park
Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com
Cost: \$5.00 full / training squad members
\$8.00 casual members
Who: Beginner & intermediate runners / walkers, women, masters, veterans
Notes: *Session focuses on running, games, stretching & activities & is not suitable for mothers with prams. NO babysitting will be available at this session.*

FRIDAY

Session: 'Women's' Beginners Group
Time: 5:30am
Venue: Kangaroo Point Park
Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com
Cost: \$5.00 full / training squad members
\$8.00 casual members
Who: Beginner & intermediate runners / walkers



Group Training Sessions



SATURDAY

Session: Long Slow Run
Time: 5:30am
Venue: Regatta Hotel (Toowong)
Coach: Chris Gale - 0408 877 624
chris@galeforcerunning.com
Cost: \$5.00 training squad members
\$8.00 casual members
Who: Beginner, intermediate & experienced runners, women, masters, veterans

