

HSOG Warrior Programme

Training Calendar 2026-27

Boys and Girls from S1 - S6
Monday | Wednesday | Friday
6.00 – 8.30pm

- Term 1 | 15 weeks
- Term 2 | 11 weeks
- Term 3 | 10 weeks

Performance-focused weekly training using HSOG's newly upgraded conditioning and endurance facilities.

- Strength & Conditioning
- Cardio & Endurance
- Mobility & Movement Quality
- Injury Prevention

Places limited to 24 athletes per evening.
Book via [ClassForKids](#).



THE HIGH SCHOOL
of Glasgow

AN OFFICIAL TRAINING PARTNER OF GLASGOW WARRIORS

Month	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 2026	1	27 Jul	28 Jul	29 Jul	30 Jul	31 Jul	01 Aug	02 Aug
	2	03 Aug	04 Aug	05 Aug	06 Aug	07 Aug	08 Aug	09 Aug
	3	10 Aug	11 Aug	12 Aug	13 Aug	14 Aug	15 Aug	16 Aug
	4	17 Aug	18 Aug	19 Aug	20 Aug	21 Aug	22 Aug	23 Aug
	5	24 Aug	25 Aug	26 Aug	27 Aug	28 Aug	29 Aug	30 Aug
	6	31 Aug	01 Sep	02 Sep	03 Sep	04 Sep	05 Sep	06 Sep
September 2026	7	07 Sep	08 Sep	09 Sep	10 Sep	11 Sep	12 Sep	13 Sep
	8	14 Sep	15 Sep	16 Sep	17 Sep	18 Sep	19 Sep	20 Sep
	9	21 Sep	22 Sep	23 Sep	24 Sep	25 Sep	26 Sep	27 Sep
	10	28 Sep	29 Sep	30 Sep	01 Oct	02 Oct	03 Oct	04 Oct
October 2026	11	05 Oct	06 Oct	07 Oct	08 Oct	09 Oct	10 Oct	11 Oct
	12	12 Oct	13 Oct	14 Oct	15 Oct	16 Oct	17 Oct	18 Oct
	13	19 Oct	20 Oct	21 Oct	22 Oct	23 Oct	24 Oct	25 Oct
	14	26 Oct	27 Oct	28 Oct	29 Oct	30 Oct	31 Oct	01 Nov
November 2026	15	02 Nov	03 Nov	04 Nov	05 Nov	06 Nov	07 Nov	08 Nov
	16	09 Nov	10 Nov	11 Nov	12 Nov	13 Nov	14 Nov	15 Nov
	17	16 Nov	17 Nov	18 Nov	19 Nov	20 Nov	21 Nov	22 Nov
	18	23 Nov	24 Nov	25 Nov	26 Nov	27 Nov	28 Nov	29 Nov
	19	30 Nov	01 Dec	02 Dec	03 Dec	04 Dec	05 Dec	06 Dec
December 2026	20	07 Dec	08 Dec	09 Dec	10 Dec	11 Dec	12 Dec	13 Dec
	21	14 Dec	15 Dec	16 Dec	17 Dec	18 Dec	19 Dec	20 Dec
	22	21 Dec	22 Dec	23 Dec	24 Dec	25 Dec	26 Dec	27 Dec
	23	28 Dec	29 Dec	30 Dec	31 Dec	01 Jan	02 Jan	03 Jan
January 2027	24	04 Jan	05 Jan	06 Jan	07 Jan	08 Jan	09 Jan	10 Jan
	25	11 Jan	12 Jan	13 Jan	14 Jan	15 Jan	16 Jan	17 Jan
	26	18 Jan	19 Jan	20 Jan	21 Jan	22 Jan	23 Jan	24 Jan
	27	25 Jan	26 Jan	27 Jan	28 Jan	29 Jan	30 Jan	31 Jan
February 2027	28	01 Feb	02 Feb	03 Feb	04 Feb	05 Feb	06 Feb	07 Feb
	29	08 Feb	09 Feb	10 Feb	11 Feb	12 Feb	13 Feb	14 Feb
	30	15 Feb	16 Feb	17 Feb	18 Feb	19 Feb	20 Feb	21 Feb
	31	22 Feb	23 Feb	24 Feb	25 Feb	26 Feb	27 Feb	28 Feb
March 2027	32	01 Mar	02 Mar	03 Mar	04 Mar	05 Mar	06 Mar	07 Mar
	33	08 Mar	09 Mar	10 Mar	11 Mar	12 Mar	13 Mar	14 Mar
	34	15 Mar	16 Mar	17 Mar	18 Mar	19 Mar	20 Mar	21 Mar
	35	22 Mar	23 Mar	24 Mar	25 Mar	26 Mar	27 Mar	28 Mar
	36	29 Mar	30 Mar	31 Mar	01 Apr	02 Apr	03 Apr	04 Apr
	37	05 Apr	06 Apr	07 Apr	08 Apr	09 Apr	10 Apr	11 Apr
April 2027	38	12 Apr	13 Apr	14 Apr	15 Apr	16 Apr	17 Apr	18 Apr
	39	19 Apr	20 Apr	21 Apr	22 Apr	23 Apr	24 Apr	25 Apr
	40	26 Apr	27 Apr	28 Apr	29 Apr	30 Apr	01 May	02 May
	41	03 May	04 May	05 May	06 May	07 May	08 May	09 May
May 2027	42	10 May	11 May	12 May	13 May	14 May	15 May	16 May
	43	17 May	18 May	19 May	20 May	21 May	22 May	23 May
	44	24 May	25 May	26 May	27 May	28 May	29 May	30 May
	45	31 May	01 Jun	02 Jun	03 Jun	04 Jun	05 Jun	06 Jun
	46	07 Jun	08 Jun	09 Jun	10 Jun	11 Jun	12 Jun	13 Jun
June 2027	47	14 Jun	15 Jun	16 Jun	17 Jun	18 Jun	19 Jun	20 Jun
	48	21 Jun	22 Jun	23 Jun	24 Jun	25 Jun	26 Jun	27 Jun
	49	28 Jun	29 Jun	30 Jun	01 Jul	02 Jul	03 Jul	04 Jul