**Pocklington Fitmums & Friends Training Schedule**

**Spring/Summer 2024**

**April 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 04.04.2024 | THURS | 7.00pm | **3** |  |
|  |  |  |  |  |
| 11.04.2024 | THURS | 7.00pm | **Coached Session** | **Grass Track** |
|  |  |  |  |  |
| 18.04.2024 | THURS | 7.00pm | **1** |  |
|  |  |  |  |  |
| 25.04.2024 | THURS | 7.00pm | **2** |  |
|  |  |  |  |  |

**May 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
|  |  |  |  |  |
| 02.05.2024 | THURS | 7.00pm | **3** |  |
|  |  |  |  |  |
| 09.05.2024 | THURS | 7.00pm | **1** |  |
|  |  |  |  |  |
| 16.05.2024 | THURS | 7.00pm | **Coached Session** | **Grass Track** |
|  |  |  |  |  |
| 23.05.2024 | THURS | 7.00pm | **2** |  |
|   |  |  |  |  |
| 30.05.2024 | THURS | 7.00pm | **3** |  |
|  |  |  |  |  |

**June 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 06.06.2024 | THURS | 7.00pm | **1** |  |
|  |  |  |  |  |
| 13.06.2024 | THURS | 7.00pm | **2** |  |
|  |  |  |  |  |
| 20.06.2024 | THURS | 7.00pm | **Coached Session** | **Grass Track** |
|  |  |  |  |  |
| 27.06.2024 | THURS | 7.00pm | **3** |  |
|  |  |  |  |  |

**July 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 04.07.2024 | THURS | 7.00pm | **1** |  |
|  |  |  |  |  |
| 11.07.2024 | THURS | 7.00pm | **2** |  |
|  |  |  |  |  |
| 18.07.2024 | THURS | 7.00pm | **3** |  |
|  |  |  |  |  |
| 25.07.2024 | THURS | 7.00pm | **Coached Session** | **Grass Track** |
|  |  |  |  |  |

**August 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 01.08.2024 | THURS | 7.00pm | **1** |  |
|  |  |  |  |  |
| 08.08.2024 | THURS | 7.00pm | **2** |  |
|  |  |  |  |  |
| 15.08.2024 | THURS | 7.00pm | **3** |  |
|  |  |  |  |  |
| 22.08.2024 | THURS | 7.00pm | **1** |  |
|   |  |  |  |  |
| 29.08.2024 | THURS | 7.00pm | **2** |  |
|  |  |  |  |  |

**Circuit - Drills/Strength & Conditioning Circuit** – indoor circuit session focused on activities to build strength and conditioning for running. Includes a focus on running drills to improve technique, agility, balance and co-ordination. Suitable for all distance runners & walkers including beginners.

**Grass Track** – outdoor coached session running round a grass track doing efforts based on distance or speed. Suitable for all distance runners & walkers including beginners.

**Timed Run/Walk** – a series of opportunities to be timed over a 2 or 3 mile route. The aim is to try and improve time over the course of the autumn/winter. Uses same route each time. Suitable for all runners & walkers able to do 2 miles.

**Paced Run (PR)** – a group road run which starts with 1 mile gentle run, then into a 1 mile at pace (running as individuals), re-group and then 1 mile recovery back to base. Uses same route each time. Suitable for those able to run 4 miles +.