**Cottingham Fitmums & Friends Training Schedule**

**Spring/Summer 2024**

**April 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 01.04.24 | MON | 6.30pm | **NO SESSION** | **B/H** |
| 03.04.24 | WED | 7.00pm | **1** |  |
|  |  |  |  |  |
| 08.04.24 | MON | 6.30pm | **Coached Session** | **Grass Track** |
| 10.04.24 | WED | 7.00pm | **2** |  |
|  |  |  |  |  |
| 15.04.24 | MON | 6.30pm | **Coached Session** | **Hill** |
| 17.04.24 | WED | 7.00pm | **3** |  |
|  |  |  |  |  |
| 22.04.24 | MON | 6.30pm | **Coached Session** | **Grass Track** |
| 24.04.24 | WED | 7.00pm | **4** |  |
|  |  |  |  |  |
| 29.04.24 | MON | 6.30pm | **Coached session** | **Cross Country** |
|  |  |  |  |  |

**May 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
|  |  |  |  |  |
| 01.05.24 | WED | 7.00pm | **5** |  |
|  |  |  |  |  |
| 06.05.24 | MON | 6.30pm | **No Session** | **B/H** |
| 08.05.24 | WED | 7.00pm | **6** |  |
|  |  |  |  |  |
| 13.05.24 | MON | 6.30pm | **Coached Session** | **Hill** |
| 15.05.24 | WED | 7.00pm | **7** |  |
|  |  |  |  |  |
| 20.05.24 | MON | 6.30pm | **Coached Session** | **Grass Track** |
| 22.05.24 | WED | 7.00pm | **1** |  |
|   |  |  |  |  |
| 27.05.24 | MON | 6.30pm | **No Session** | **B/H** |
| 29.05.24 | WED | 7.00pm | **2** |  |
|  |  |  |  |  |

**June 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 03.06.24 | MON | 6.30pm | **Coached Session** | **Grass Track** |
| 05.06.24 | WED | 7.00pm | **3** |  |
|  |  |  |  |  |
| 10.06.24 | MON | 6.30pm | **Coached Session** | **Hill** |
| 12.06.24 | WED | 7.00pm | **4** |  |
|  |  |  |  |  |
| 17.06.24 | MON | 6.30pm | **Coached Session** | **Cross Country** |
| 19.06.24 | WED | 7.00pm | **5** |  |
|  |  |  |  |  |
| 24.06.24 | MON | 6.30pm | **Coached Session** | **Hill** |
| 26.06.24 | WED | 7.00pm | **6** |  |
|  |  |  |  |  |

**July 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 01.07.24 | MON | 6.30pm | **Coached Session** | **Grass Track** |
| 03.07.24 | WED | 7.00pm | **7** |  |
|  |  |  |  |  |
| 08.07.24 | MON | 6.30pm | **Coached Session** | **Cross Country** |
| 10.07.24 | WED | 7.00pm | **1** |  |
|  |  |  |  |  |
| 15.07.24 | MON | 6.30pm | **Coached Session** | **Grass Track** |
| 17.07.24 | WED | 7.00pm | **2** |  |
|  |  |  |  |  |
| 22.07.24 | MON | 6.30pm | **Coached Session** | **Hill** |
| 24.07.24 | WED | 7.00pm | **3** |  |
|  |  |  |  |  |
| 29.07.24 | MON | 6.30pm | **Coached Session** | **Grass Track** |
| 31.07.24 | WED |  | **4** |  |
|  |  |  |  |  |

**August 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 05.08.24 | MON | 6.30pm | **Coached Session** | **Cross Country** |
| 07.08.23 | WED | 7.00pm | **5** |  |
|  |  |  |  |  |
| 12.08.24 | MON | 6.30pm | **Coached Session** | **Grass Track** |
| 14.08.24 | WED | 7.00pm | **6** |  |
|  |  |  |  |  |
| 19.08.24 | MON | 6.30pm | **Coached Session** | **Hill** |
| 21.08.24 | WED | 7.00pm | **7** |  |
|   |  |  |  |  |
| 26.08.24 | MON | 6.30pm | **No session** | **B/H** |
| 28.08.24 | WED | 7.00pm | **1** |  |
|  |  |  |  |  |
| 02.09.24 | MON | 6.30pm | **Coached Session** | **Cross Country** |
|  |  |  |  |  |

**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 +.