**Dearne Valley Fitmums & Friends Training Schedule**

**Autumn/Winter 2023**

**September 2023**

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| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
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|  |  |  |  |  |
| 5.9.23 | Tuesday | 6.30 pm | **Summer Route** |  |

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|  |  |  |  |  |
| 12.9.23 | Tuesday | 6.30 pm | **Summer Route** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 19.9.23 | Tuesday | 6.30 pm | **1** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 26. 9.23 | Tuesday | 6.30 pm | **2** |  |

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**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 +.

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**Autumn/Winter 2023**

**October 2023**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
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| 3.10.23 | Tuesday | 6.30 pm | **Coached Session** | Strength & Conditioning |
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|  |  |  |  |  |
| 10.10.23 | Tuesday | 6.30 pm | **4** |  |
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|  |  |  |  |  |
| 17.10.23 | Tuesday | 6.30 pm | **5** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 24.10.23 | Tuesday | 6.30 pm | **6** | School ½ term week |
|  |  |  |  |  |
| 31.10.23 | Tuesday | 6.30 pm | **1** |  |
|  |  |  |  |  |

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**Autumn/ Winter 2023**

**November 2023**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
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|  |  |  |  |  |
| 07.11.23 | Tuesday | 6.30 pm | **2** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 14.11.23 | Tuesday | 6.30 pm | **3** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 21.11.23 | Tuesday | 6.30 pm | **Coached Session** | Strength and Conditioning |
|  |  |  |  |  |
|  |  |  |  |  |
| 28.11.23 | Tuesday | 6.30 pm | **4** |  |
|  |  |  |  |  |

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**Autumn/ Winter 2023**

**December 2023**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
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|  |  |  |  |  |
| 5.12.23 | Tuesday | 6.30 pm | **5** |  |
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| 12.12.23 | Tuesday | 6.30 pm | **Jingle Bell Run** |  |
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| 19.12.32 | Tuesday | 6.30 pm | **No session** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 26.12.23 | Tuesday | 6.30 pm | **No session** | Bank holiday |
|  |  |  |  |  |

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**Dearne Valley Fitmums & Friends Training Schedule**

**Autumn/ Winter 2023/24**

**January 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
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|  |  |  |  |  |
| 02.01.24 | Tuesday | 6.30 pm | **No Session** |  |
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|  |  |  |  |  |
| 09.01.24 | Tuesday | 6.30 pm | **1** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 16.01.24 | Tuesday | 6.30 pm | **2** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 23.01.24 | Tuesday | 6.30 pm | **3** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 30.01.24 | Tuesday | 6.30 pm | **4** |  |
|  |  |  |  |  |

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**Autumn/ Winter 2023/24**

**February 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
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|  |  |  |  |  |
| 06.02.24 | Tuesday | 6.30 pm | **5** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 13.02.24 | Tuesday | 6.30 pm | **6** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 20.02.24 | Tuesday | 6.30 pm | **1** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 27.02.24 | Tuesday | 6.30 pm | **2** |  |
|  |  |  |  |  |

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**Autumn/ Winter 2023/24**

**March 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
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|  |  |  |  |  |
| 05.03.24 | Tuesday | 6.30 pm | **3** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 12.03.24 | Tuesday | 6.30 pm | **4** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 19.03.24 | Tuesday | 6.30 pm | **5** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 26.03.24 | Tuesday | 6.30 pm | **6** |  |
|  |  |  |  |  |

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