**Pocklington Fitmums & Friends Training Schedule**

**Autumn/Winter 2024-25**

**September 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 05/09/24 | Thursday | 7:00pm | Summer Route |  |
|  |  |  |  |  |
| 12/09/24 | Thursday | 7:00pm | Summer route |  |
|  |  |  |  |  |
| 19/09/24 | Thursday | 7:00pm | 1 |  |
|  |  |  |  |  |
| 26/09/24 | Thursday | 7:00pm | 2 |  |

**October 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 03/10/24 | Thursday | 7:00pm | 3 |  |
|  |  |  |  |  |
| 10/10/24 | Thursday | 7:00pm | 4 |  |
|  |  |  |  |  |
| 17/10/24 | Thursday | 7:00pm | 5 |  |
|  |  |  |  |  |
| 24/10/24 | Thursday | 7:00pm | 1 |  |
|  |  |  |  |  |
| 31/10/24 | Thursday | 7:00pm | 2 |  |

**November 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 07/11/24 | Thursday | 7:00pm | 3 |  |
|  |  |  |  |  |
| 11/11/24 | Monday | 6:45pm | S & C |  |
|  |  |  |  |  |
| 14/11/24 | Thursday | 7:00pm | 4 |  |
|  |  |  |  |  |
| 21/11/24 | Thursday | 7:00pm | 5 |  |
|  |  |  |  |  |
| 28/11/24 | Thursday | 7:00pm | 1 |  |

**December 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 05/12/24 | Thursday | 7:00pm | 2 |  |
|  |  |  |  |  |
| 12/12/24 | Thursday | 7:00pm | 3 |  |
|  |  |  |  |  |
| 19/12/24 | Thursday | 7:00pm | 4 |  |
|  |  |  |  |  |
| 26/12/24 | Thursday | 7:00pm | No session | Bank holiday |

**January 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 02/01/25 | Thursday | 7:00pm | No session | School Christmas holidays |
|  |  |  |  |  |
| 09/01/25 | Thursday | 7:00pm | 5 |  |
|  |  |  |  |  |
| 16/01/25 | Thursday | 7:00pm | 1 |  |
|  |  |  |  |  |
| 23/01/25 | Thursday | 7:00pm | 2 |  |
|  |  |  |  |  |
| 30/01/25 | Thursday | 7:00pm | 3 |  |

**February 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 06/02/25 | Thursday | 7:00pm | 4 |  |
|  |  |  |  |  |
| 13/02/25 | Thursday | 7:00pm | 5 |  |
|  |  |  |  |  |
| 20/02/25 | Thursday | 7:00pm | 1 |  |
|  |  |  |  |  |
| 27/02/25 | Thursday | 7:00pm | 2 |  |

**March 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 06/03/25 | Thursday | 7:00pm | 3 |  |
|  |  |  |  |  |
| 13/03/25 | Thursday | 7:00pm | 4 |  |
|  |  |  |  |  |
| 20/03/25 | Thursday | 7:00pm | 5 |  |
|  |  |  |  |  |
| 27/03/25 | Thursday | 7:00pm | 1 |  |

**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 +.