



**Howden Fitmums and Friends
Training Schedule
Autumn/Winter 2025-26**

Sep 2025

Date	Day	Activity	Venue	Time	Route
03/09/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	Summer 2
10/09/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	3
17/09/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	Winter 1
24/09/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	2

Oct 2025

Date	Day	Activity	Venue	Time	Route
01/10/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	3
08/10/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	1
15/10/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	2
22/10/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	3
29/10/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	1

Nov 2025					
Date	Day	Activity	Venue	Time	Route
05/11/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	2
12/11/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	3
19/11/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	1
26/11/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	2

Dec 2025					
Date	Day	Activity	Venue	Time	Route
03/12/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	3
10/12/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	1
17/12/2025	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	2
24/12/2025	Tuesday	Closed			Christmas Break
31/12/2025	Tuesday	Closed			Christmas Break

Jan 2025					
Date	Day	Activity	Venue	Time	Route
07/01/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	3
14/01/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	1
21/01/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	2
28/01/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	3

Feb 2025					
Date	Day	Activity	Venue	Time	Route
04/02/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	1
11/02/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	2
18/02/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	3
25/02/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	1

Mar 2025					
Date	Day	Activity	Venue	Time	Route
04/03/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	2
11/03/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	3
18/03/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	1
25/03/2026	Wednesday	Run/Walk	Wellington Hotel, 31 Bridgegate, Howden. DN14 7JG	19:00	2