



Brough Fitmums & Friends Training Schedule Spring / Summer 2025

April 2025

Date	Day	Time	Route	Comments
01/04/25	Tuesday	7:00pm	1	
08/04/25	Tuesday	7:00pm	2	
15/04/25	Tuesday	7:00pm	3	
22/04/25	Tuesday	7:00pm	4	
28/04/25	Monday	7:00pm	Grass Track	Coached – Sirius Academy West
29/04/25	Tuesday	7:00pm	5	

May 2025

Date	Day	Time	Route	Comments
06/05/25	Tuesday	7:00pm	1	
12/05/25	Monday	7:00pm	Grass Track	Coached – Sirius Academy West
13/05/25	Tuesday	7:00pm	2	
20/05/25	Tuesday	7:00pm	3	
27/05/25	Tuesday	7:00pm	4	

June 2025

Date	Day	Time	Route	Comments
03/06/25	Tuesday	7:00pm	5	
10/06/25	Tuesday	7:00pm	1	
16/06/25	Monday	7:00pm	Grass Track	Coached – Sirius Academy West
17/06/25	Tuesday	7:00pm	2	
24/06/25	Tuesday	7:00pm	3	



July 2025

Date	Day	Time	Route	Comments
01/07/25	Tuesday	7:00pm	4	
08/07/25	Tuesday	7:00pm	5	
14/07/25	Monday	7:00pm	Grass Track	Coached – Sirius Academy West
15/07/25	Tuesday	7:00pm	1	
22/07/25	Tuesday	7:00pm	2	
29/07/25	Tuesday	7:00pm	3	

August 2025

Date	Day	Time	Route	Comments
05/08/25	Tuesday	7:00pm	4	
12/08/25	Tuesday	7:00pm	5	
19/08/25	Tuesday	7:00pm	1	
26/08/25	Tuesday	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 +.