



Pocklington Fitmums & Friends Training Schedule Spring / Summer 2025

March 2025

Date	Day	Time	Route	Comments
31/03/25	Monday	7:15pm	S & C	Coached – Burnby Hall

April 2025

Date	Day	Time	Route	Comments
03/04/25	Thursday	7:00pm	-	
10/04/25	Thursday	7:00pm	-	
17/04/25	Thursday	7:00pm	A	
24/04/25	Thursday	7:00pm	Timed Run/Walk	Social after. 1 or 2miles
28/04/25	Monday	7:15pm	S & C	Coached – Burnby Hall

May 2025

Date	Day	Time	Route	Comments
01/05/25	Thursday	7:00pm	B	
08/05/25	Thursday	7:00pm	C	
15/05/25	Thursday	7:00pm	Away Run	Buddhist Centre – 1,2,3 miles
15/05/25	Thursday	6:30pm	Away Run	From Fire Station – 5,6 miles
22/05/25	Thursday	7:00pm	D	Social after
29/05/25	Thursday	7:00pm	Timed Run/Walk	Social after. 1 or 2miles



June 2025

Date	Day	Time	Route	Comments
02/06/25	Monday	7:15pm	S & C	Coached – Burnby Hall
05/06/25	Thursday	7:00pm	A	
12/06/25	Thursday	7:00pm	B	
19/06/25	Thursday	7:00pm	Away Run	Millington – Routes TBC
26/06/25	Thursday	7:00pm	C	
30/06/25	Monday	7:15pm	S & C	Coached – Burnby Hall

July 2025

Date	Day	Time	Route	Comments
03/07/25	Thursday	7:00pm	D	
10/07/25	Thursday	7:00pm	A	
17/07/25	Thursday	7:00pm	Games & Timed Run/Walk	Birthday Social
24/07/25	Thursday	7:00pm	B	
31/07/25	Thursday	7:00pm	C	

August 2025

Date	Day	Time	Route	Comments
07/08/25	Thursday	7:00pm	D	
14/08/25	Thursday	7:00pm	A	
21/08/25	Thursday	7:00pm	B	
28/08/25	Thursday	7:00pm	C	



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 +.