



Beverley Fitmums & Friends Training Schedule Spring / Summer 2025

April 2025

Date	Day	Time	Route	Comments
01/04/25	Tuesday	9:45am	4	Club run – Beverley Leisure Centre
02/04/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
03/04/25	Thursday	6:45pm	1	Club run – Beverley Leisure Centre
04/04/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
07/04/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
09/04/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
10/04/25	Thursday	6:45pm	2	Club run – Beverley Leisure Centre
11/04/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
14/04/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
16/04/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
17/04/25	Thursday	6:45pm	3	Club run – Beverley Leisure Centre
18/04/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
21/04/25	Monday	1:30pm	Nordic Walk	No Session – Bank holiday
22/04/25	Tuesday	9:45am	Grass Track	Coached – Beverley Leisure Centre
23/04/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
24/04/25	Thursday	6:45pm	4	Club run – Beverley Leisure Centre
25/04/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
28/04/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
29/04/25	Tuesday	9:45am	7	Club run – Beverley Leisure Centre
30/04/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club



May 2025

Date	Day	Time	Route	Comments
01/05/25	Thursday	6:45pm	5	Club run – Beverley Leisure Centre
02/05/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
05/05/25	Monday	1:30pm	Nordic Walk	No Session – Bank holiday
06/05/25	Tuesday	9:45am	2	Club run – Beverley Leisure Centre
07/05/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
08/05/25	Thursday	6:45pm	6	Club run – Beverley Leisure Centre
09/05/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
12/05/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
12/05/25	Monday	6:00pm	S & C	Coached – Beverley Leisure Centre
13/05/25	Tuesday	9:45am	Grass Track	Coached – Beverley Leisure Centre
14/05/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
15/05/25	Thursday	6:45pm	7	Club run – Beverley Leisure Centre
16/05/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
19/05/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
20/05/25	Tuesday	9:45am	5	Club run – Beverley Leisure Centre
21/05/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
22/05/25	Thursday	6:45pm	1	Club run – Beverley Leisure Centre
23/05/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
26/05/25	Monday	1:30pm	Nordic Walk	No Session – Bank holiday
28/05/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
29/05/25	Thursday	6:45pm	Grass Track	Coached – Beverley Rugby Club
30/05/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre



June 2025

Date	Day	Time	Route	Comments
02/06/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
02/06/25	Monday	6:00pm	S & C	Coached – Beverley Leisure Centre
03/06/25	Tuesday	9:45am	6	Club run – Beverley Leisure Centre
04/06/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
05/06/25	Thursday	6:45pm	2	Club run – Beverley Leisure Centre
06/06/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
09/06/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
10/06/25	Tuesday	9:45am	Grass Track	Coached – Beverley Leisure Centre
11/06/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
12/06/25	Thursday	6:45pm	3	Club run – Beverley Leisure Centre
13/06/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
16/06/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
17/06/25	Tuesday	9:45am	7	Club run – Beverley Leisure Centre
18/06/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
19/06/25	Thursday	6:45pm	Grass Track	Coached – Beverley Rugby Club
20/06/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
23/06/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
24/06/25	Tuesday	9:45am	1	Club run – Beverley Leisure Centre
25/06/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
26/06/25	Thursday	6:45pm	4	Club run – Beverley Leisure Centre
27/06/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
30/06/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club



July 2025

Date	Day	Time	Route	Comments
01/07/25	Tuesday	9:45am	2	Club run – Beverley Leisure Centre
02/07/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
03/07/25	Thursday	6:45pm	5	Club run – Beverley Leisure Centre
04/07/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
07/07/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
08/07/25	Tuesday	9:45am	Sports Day	Coached – Beverley Leisure Centre
09/07/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
10/07/25	Thursday	6:45pm	6	Club run – Beverley Leisure Centre
11/07/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
14/07/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
14/07/25	Monday	6:00pm	S & C	Coached – Beverley Leisure Centre
15/07/25	Tuesday	9:45am	3	Club run – Beverley Leisure Centre
16/07/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
17/07/25	Thursday	6:45pm	7	Club run – Beverley Leisure Centre
18/07/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
21/07/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
23/07/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
24/07/25	Thursday	6:45pm	Grass Track	Coached – Beverley Rugby Club
25/07/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
28/07/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
30/07/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
31/07/25	Thursday	6:45pm	1	Club run – Beverley Leisure Centre



August 2025

Date	Day	Time	Route	Comments
01/08/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
04/08/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
06/08/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
07/08/25	Thursday	6:45pm	2	Club run – Beverley Leisure Centre
08/08/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
11/08/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
13/08/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
14/08/25	Thursday	6:45pm	3	Club run – Beverley Leisure Centre
15/08/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
18/08/25	Monday	1:30pm	Nordic Walk	Beverley Westwood – Golf Club
20/08/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
21/08/25	Thursday	6:45pm	4	Club run – Beverley Leisure Centre
22/08/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre
25/08/25	Monday	1:30pm	Nordic Walk	No Session – Bank holiday
27/08/25	Wednesday	6:30pm	Nordic Walk	Beverley Westwood – Golf Club
28/08/25	Thursday	6:45pm	5	Club run – Beverley Leisure Centre
29/08/25	Friday	1:00pm	S & C	Coached – Beverley Leisure Centre

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 +.