**Cottingham Fitmums & Friends Training Schedule**

**Autumn/Winter 2024-25**

**September 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 02/09/24 | Monday | 9:30am | No session | School holiday |
| 02/09/24 | Monday | 6:30pm | XC | Coached session |
| 04/09/24 | Wednesday | 6:50pm | 1 |  |
|  |  |  |  |  |
| 09/09/24 | Monday | 9:30am | See BK folder |  |
| 09/09/24 | Monday | 6:30pm | XC | Coached session |
| 11/09/24 | Wednesday | 6:50pm | 2 |  |
|  |  |  |  |  |
| 16/09/24 | Monday | 9:30am | See BK folder |  |
| 16/09/24 | Monday | 6:30pm | Hill | Coached session |
| 18/09/24 | Wednesday | 6:50pm | 3 |  |
|  |  |  |  |  |
| 23/09/24 | Monday | 9:30am | See BK folder |  |
| 23/09/24 | Monday | 6:30pm | Speed up | Coached session |
| 25/09/24 | Wednesday | 6:50pm | 4 |  |
|  |  |  |  |  |
| 30/09/2024 | Monday | 9:30am | See BK folder |  |
| 30/09/2024 | Monday | 6:30pm | Hill | Coached session |

**October 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 02/10/24 | Wednesday | 6:50pm | Timed Run/Walk |  |
|  |  |  |  |  |
| 07/10/24 | Monday | 9:30am | See BK folder |  |
| 07/10/24 | Monday | 6:30pm | Speed up | Coached session |
| 09/10/24 | Wednesday | 6:50pm | 5 |  |
|  |  |  |  |  |
| 14/10/24 | Monday | 9:30am | See BK folder |  |
| 14/10/24 | Monday | 6:30pm | Hill | Coached session |
| 16/10/24 | Wednesday | 6:50pm | 6 |  |
|  |  |  |  |  |
| 21/10/24 | Monday | 9:30am | See BK folder |  |
| 21/10/24 | Monday | 6:30pm | Speed up | Coached session |
| 23/10/24 | Wednesday | 6:50pm | 7 |  |
|  |  |  |  |  |
| 28/10/24 | Monday | 9:30am | No Session | School half term holidays |
| 28/10/24 | Monday | 6:30pm | Hill | Coached session |
| 30/10/24 | Wednesday | 6:50pm | 1 |  |

**November 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 04/11/24 | Monday | 9:30am | See BK folder | Coached Session |
| 04/11/24 | Monday | 6:30pm | Speed up | Coached session |
| 06/11/24 | Wednesday | 6:50pm | 2 |  |
|  |  |  |  |  |
| 11/11/24 | Monday | 9:30am | See BK folder |  |
| 11/11/24 | Monday | 6:30pm | Hill | Coached session |
| 13/11/24 | Wednesday | 6:50pm | Timed Run/Walk |  |
|  |  |  |  |  |
| 18/11/24 | Monday | 9:30am | See BK folder |  |
| 18/11/24 | Monday | 6:30pm | Speed up | Coached session |
| 20/11/24 | Wednesday | 6:50pm | 3 |  |
|  |  |  |  |  |
| 25/11/24 | Monday | 9:30am | See BK folder |  |
| 25/11/24 | Monday | 6:30pm | Hill | Coached session |
| 27/11/24 | Wednesday | 6:50pm | 4 |  |

**December 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 02/12/24 | Monday | 9:30am | See BK folder |  |
| 02/12/24 | Monday | 6:30pm | Speed up | Coached session |
| 04/12/24 | Wednesday | 6:50pm | 5 |  |
|  |  |  |  |  |
| 09/12/24 | Monday | 9:30am | See BK folder |  |
| 09/12/24 | Monday | 6:30pm | Hill | Coached session |
| 11/12/24 | Wednesday | 6:50pm | 6 |  |
|  |  |  |  |  |
| 16/12/24 | Monday | 9:30am | See BK folder |  |
| 16/12/24 | Monday | 6:30pm | Speed up | Coached session |
| 18/12/24 | Wednesday | 6:50pm | Timed Run/Walk |  |
|  |  |  |  |  |
| 23/12/24 | Monday | 9:30am | No session | School Christmas holidays |
| 23/12/24 | Monday | 6:30pm | No session | School Christmas holidays |
| 25/12/24 | Wednesday | 6:50pm | No session | Bank Holiday |
|  |  |  |  |  |
| 30/12/24 | Monday | 9:30am | No session | School Christmas holidays |
| 30/12/24 | Monday | 6:30pm | No session | School Christmas holidays |

**January 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 01/01/25 | Wednesday | 6:50pm | No session | Bank Holiday |
|  |  |  |  |  |
| 06/01/25 | Monday | 9:30am | No session | School Christmas holidays |
| 06/01/25 | Monday | 6:30pm | Hill | Coached session |
| 08/01/25 | Wednesday | 6:50pm | 7 |  |
|  |  |  |  |  |
| 13/01/25 | Monday | 9:30am | See BK folder |  |
| 13/01/25 | Monday | 6:30pm | Speed up | Coached session |
| 15/01/25 | Wednesday | 6:50pm | 1 |  |
|  |  |  |  |  |
| 20/01/25 | Monday | 9:30am | See BK folder |  |
| 20/01/25 | Monday | 6:30pm | Hill | Coached session |
| 22/01/25 | Wednesday | 6:50pm | 2 |  |
|  |  |  |  |  |
| 27/01/25 | Monday | 9:30am | See BK folder |  |
| 27/01/25 | Monday | 6:30pm | Speed up | Coached session |
| 29/01/25 | Wednesday | 6:50pm | Timed Run/Walk |  |

**February 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 03/02/25 | Monday | 9:30am | See BK folder |  |
| 03/02/25 | Monday | 6:30pm | Hill | Coached session |
| 05/02/25 | Wednesday | 6:50pm | 3 |  |
|  |  |  |  |  |
| 10/02/25 | Monday | 9:30am | See BK folder |  |
| 10/02/25 | Monday | 6:30pm | Speed up | Coached session |
| 12/02/25 | Wednesday | 6:50pm | Timed Run/Walk |  |
|  |  |  |  |  |
| 17/02/25 | Monday | 9:30am | No Session | School half term holidays |
| 17/02/25 | Monday | 6:30pm | Hill | Coached session |
| 19/02/25 | Wednesday | 6:50pm | 4 |  |
|  |  |  |  |  |
| 24/02/25 | Monday | 9:30am | See BK folder |  |
| 24/02/25 | Monday | 6:30pm | Speed up | Coached session |
| 26/02/25 | Wednesday | 6:50pm | 5 |  |

**March 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 03/03/25 | Monday | 9:30am | See BK folder |  |
| 03/03/25 | Monday | 6:30pm | Hill | Coached session |
| 05/03/25 | Wednesday | 6:50pm | 6 |  |
|  |  |  |  |  |
| 10/03/25 | Monday | 9:30am | See BK folder |  |
| 10/03/25 | Monday | 6:30pm | Speed up | Coached session |
| 12/03/25 | Wednesday | 6:50pm | 7 |  |
|  |  |  |  |  |
| 17/03/25 | Monday | 9:30am | See BK folder |  |
| 17/03/25 | Monday | 6:30pm | Hill | Coached session |
| 19/03/25 | Wednesday | 6:50pm | Timed Run/Walk |  |
|  |  |  |  |  |
| 24/03/25 | Monday | 9:30am | See BK folder |  |
| 24/03/25 | Monday | 6:30pm | Speed up | Coached session |
| 26/03/25 | Wednesday | 6:50pm | 1 |  |
|  |  |  |  |  |
| 31/03/25 | Monday | 9:30am | See BK folder |  |
| 31/03/25 | Monday | 6:30pm | Hill | Coached session |

**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 +.