**Market Weighton Fitmums & Friends Training Schedule**

**Spring/Summer 2024**

**April 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 02.04.2024 | TUES | 7.00pm | **Winter route** |  |
|  |  |  |  |  |
| 09.04.2024 | TUES | 7.00pm | **A** |  |
| 11.04.2024 | THUR | 7.00pm | **Coached Session** | **Grass Track Pocklington** |
|  |  |  |  |  |
| 16.04.2024 | TUES | 7.00pm | **B** |  |
|  |  |  |  |  |
| 23.04.2024 | TUES | 7.00pm | **C** |  |
|  |  |  |  |  |
| 30.04.2024 | TUES | 7.00pm | **D** |  |
|  |  |  |  |  |

**May 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
|  |  |  |  |  |
| 07.05.2024 | TUES | 7.00pm | **E** |  |
|  |  |  |  |  |
| 14.05.2024 | TUES | 7.00pm | **F** |  |
| 16.05.2024 | THUR | 7.00pm | **Coached Session** | **Grass Track Pocklington** |
|  |  |  |  |  |
| 21.05.2024 | TUES | 7.00pm | **A** |  |
|  |  |  |  |  |
| 28.05.2024 | TUES | 7.00pm | **B** |  |
|  |  |  |  |  |

**June 2023**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 04.06.2024 | TUES | 7.00pm | **C** |  |
|  |  |  |  |  |
| 11.06.2024 | TUES | 7.00pm | **D** |  |
|  |  |  |  |  |
| 18.06.2024 | TUES | 7.00pm | **E** |  |
| 20.06.2024 | THUR | 7.00pm | **Coached Session** | **Grass Track Pocklington** |
|  |  |  |  |  |
| 25.06.2024 | TUES | 7.00pm | **F** |  |
|  |  |  |  |  |

**July 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 02.07.2024 | TUES | 7.00pm | **A** |  |
|  |  |  |  |  |
| 09.07.2024 | TUES | 7.00pm | **B** |  |
|  |  |  |  |  |
| 16.07.2024 | TUES | 7.00pm | **C** |  |
|  |  |  |  |  |
| 23.07.2024 | TUES | 7.00pm | **D** |  |
| 25.07.2024 | TUES | 7.00pm | **Coached Session** | **Grass Track Pocklington** |
|  |  |  |  |  |
| 30.07.2024 | TUES |  | **E** |  |
|  |  |  |  |  |

**August 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 06.08.2024 | TUES | 7.00pm | **F** |  |
|  |  |  |  |  |
| 13.08.2024 | TUES | 7.00pm | **A** |  |
|  |  |  |  |  |
| 20.08.2024 | TUES | 7.00pm | **B** |  |
|  |  |  |  |  |
| 27.08.2024 | TUES | 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 +.