**Market Weighton Fitmums & Friends Training Schedule**

**Spring / Summer 2025**

**April 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 01/04/25 | Tuesday | 6:45pm | A |  |
|  |  |  |  |  |
| 08/04/25 | Tuesday | 6:45pm | B |  |
|  |  |  |  |  |
| 15/04/25 | Tuesday | 6:45pm | C |  |
|  |  |  |  |  |
| 22/04/25 | Tuesday | 6:45pm | D |  |
|  |  |  |  |  |
| 29/04/25 | Tuesday | 6:45pm | E |  |

**May 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 06/05/25 | Tuesday | 6:45pm | F |  |
|  |  |  |  |  |
| 13/05/25 | Tuesday | 6:45pm | A |  |
|  |  |  |  |  |
| 20/05/25 | Tuesday | 6:45pm | B |  |
|  |  |  |  |  |
| 27/05/25 | Tuesday | 6:45pm | C |  |

**June 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 03/06/25 | Tuesday | 6:45pm | D |  |
|  |  |  |  |  |
| 10/06/25 | Tuesday | 6:45pm | E |  |
|  |  |  |  |  |
| 17/06/25 | Tuesday | 6:45pm | F |  |
|  |  |  |  |  |
| 24/06/25 | Tuesday | 6:45pm | A |  |

**July 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 01/07/25 | Tuesday | 6:45pm | B |  |
|  |  |  |  |  |
| 08/07/25 | Tuesday | 6:45pm | C |  |
|  |  |  |  |  |
| 15/07/25 | Tuesday | 6:45pm | D |  |
|  |  |  |  |  |
| 22/07/25 | Tuesday | 6:45pm | E |  |
|  |  |  |  |  |
| 29/07/25 | Tuesday | 6:45pm | F |  |

**August 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 05/08/25 | Tuesday | 6:45pm | A |  |
|  |  |  |  |  |
| 12/08/25 | Tuesday | 6:45pm | B |  |
|  |  |  |  |  |
| 19/08/25 | Tuesday | 6:45pm | C |  |
|  |  |  |  |  |
| 26/08/25 | Tuesday | 6:45pm | D |  |

**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 +.