**Hedon Fitmums & Friends Training Schedule**

**Spring / Summer 2025**

**April 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 07/04/25 | Monday | 6:45pm | 1 |  |
|  |  |  |  |  |
| 14/04/25 | Monday | 6:45pm | 2 |  |
|  |  |  |  |  |
| 21/04/25 | Monday | 6:45pm | 3 |  |
|  |  |  |  |  |
| 28/04/25 | Monday | 6:45pm | 4 |  |
| 28/04/25 | Monday | 6:45pm | Grass Track | Coached |

**May 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 05/05/25 | Monday | 6:45pm | 5 |  |
|  |  |  |  |  |
| 12/05/25 | Monday | 6:45pm | 1 |  |
|  |  |  |  |  |
| 19/05/25 | Monday | 6:45pm | 2 |  |
|  |  |  |  |  |
| 26/05/25 | Monday | 6:45pm | 3 |  |
| 26/05/25 | Monday | 6:45pm | Grass Track | Coached |

**June 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 02/06/25 | Monday | 6:45pm | 4 |  |
|  |  |  |  |  |
| 09/06/25 | Monday | 6:45pm | 5 |  |
|  |  |  |  |  |
| 16/06/25 | Monday | 6:45pm | 1 |  |
|  |  |  |  |  |
| 23/06/25 | Monday | 6:45pm | 2 |  |
|  |  |  |  |  |
| 30/06/25 | Monday | 6:45pm | 3 |  |
| 30/06/25 | Monday | 6:45pm | Grass Track | Coached |

**July 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 07/07/25 | Monday | 6:45pm | 4 |  |
|  |  |  |  |  |
| 14/07/25 | Monday | 6:45pm | 5 |  |
|  |  |  |  |  |
| 21/07/25 | Monday | 6:45pm | 1 |  |
|  |  |  |  |  |
| 28/07/25 | Monday | 6:45pm | 2 |  |
| 28/07/25 | Monday | 6:45pm | Grass Track | Coached |

**August 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 04/08/25 | Monday | 6:45pm | 3 |  |
|  |  |  |  |  |
| 11/08/25 | Monday | 6:45pm | 4 |  |
|  |  |  |  |  |
| 18/08/25 | Monday | 6:45pm | 5 |  |
|  |  |  |  |  |
| 25/08/25 | Monday | 6:45pm | 1 |  |

**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 +.