



Boothferry Fitmums & Friends Training Schedule Spring / Summer 2025

April 2025

Date	Day	Time	Route	Comments
03/04/25	Thursday	7:00pm	1	
10/04/25	Thursday	7:00pm	2	
17/04/25	Thursday	7:00pm	3	
24/04/25	Thursday	7:00pm	4	
28/04/25	Monday	7:00pm	Grass Track	Coached – Sirius Academy West

May 2025

Date	Day	Time	Route	Comments
01/05/25	Thursday	7:00pm	5	
08/05/25	Thursday	7:00pm	6	
12/05/25	Monday	7:00pm	Grass Track	Coached – Sirius Academy West
15/05/25	Thursday	7:00pm	7	
22/05/25	Thursday	7:00pm	8	
29/05/25	Thursday	7:00pm	1	

June 2025

Date	Day	Time	Route	Comments
05/06/25	Thursday	7:00pm	2	
12/06/25	Thursday	7:00pm	3	
16/06/25	Monday	7:00pm	Grass Track	Coached – Sirius Academy West
19/06/25	Thursday	7:00pm	4	
26/06/25	Thursday	7:00pm	5	



July 2025

Date	Day	Time	Route	Comments
03/07/25	Thursday	7:00pm	6	
10/07/25	Thursday	7:00pm	7	
14/07/25	Monday	7:00pm	Grass Track	Coached – Sirius Academy West
17/07/25	Thursday	7:00pm	8	
24/07/25	Thursday	7:00pm	1	
31/07/25	Thursday	7:00pm	2	

August 2025

Date	Day	Time	Route	Comments
07/08/25	Thursday	7:00pm	3	
14/08/25	Thursday	7:00pm	4	
21/08/25	Thursday	7:00pm	5	
28/08/25	Thursday	7:00pm	6	

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 +.