



## Cottingham Fitmums & Friends Training Schedule Spring/Summer 2025

### April 2025

Date	Day	Time	Route	Comments
02/04/25	Wednesday	6:50pm	1	
07/04/25	Monday	9:30am	<del>BK - Run</del>	No Session – School Holiday
07/04/25	Monday	6:45pm	XC	Coached – Beverley Westwood
09/04/25	Wednesday	6:50pm	2	
14/04/25	Monday	9:30am	<del>BK - Run</del>	No Session – School Holiday
14/04/25	Monday	6:30pm	Hill	Coached – Beverley (old) Road, Skidby
16/04/25	Wednesday	6:50pm	3	
21/04/25	Monday	9:30am	<del>BK - Run</del>	No Session – Bank Holiday
21/04/25	Monday	6:30pm	<del>Speed</del>	No Session – Bank Holiday
23/04/25	Wednesday	6:50pm	4	
28/04/25	Monday	9:30am	BK - Run	Blue Kangaroo
28/04/25	Monday	6:30pm	Hill	Coached – Beverley (old) Rd, Skidby
30/04/25	Wednesday	6:50pm	5	

### May 2025

Date	Day	Time	Route	Comments
05/05/25	Monday	9:30pm	<del>BK - Run</del>	No Session – Bank Holiday
05/05/25	Monday	6:30pm	<del>Speed up</del>	No Session – Bank Holiday
07/05/25	Wednesday	6:50pm	6	
12/05/24	Monday	9:30am	BK - Run	Blue Kangaroo
12/05/24	Monday	6:30pm	Hill	Coached – Beverley (old) Rd, Skidby
14/05/25	Wednesday	6:50pm	1	
19/05/25	Monday	9:30am	BK - Run	Blue Kangaroo
19/05/25	Monday	6:30pm	Speed	Coached – Keldgate, Cottingham
21/05/25	Wednesday	6:50pm	2	
26/05/25	Monday	9:30am	<del>BK - Run</del>	No Session – Bank Holiday
26/05/25	Monday	6:30pm	<del>Hill</del>	No Session – Bank Holiday
28/05/25	Wednesday	6:50pm	3	



## June 2025

Date	Day	Time	Route	Comments
02/06/25	Monday	9:30am	BK - Run	Blue Kangaroo
02/06/25	Monday	6:45pm	XC	Coached – Westwood, Beverley.
04/06/25	Wednesday	6:50pm	4	
09/06/25	Monday	9:30am	BK - Run	Blue Kangaroo
09/06/25	Monday	6:30pm	Hill	Coached – Beverley (old) Rd, Skidby
11/06/25	Wednesday	6:50pm	5	
16/06/25	Monday	9:30am	BK - Run	Blue Kangaroo
16/06/25	Monday	6:30pm	Speed	Coached – Keldgate, Cottingham
18/06/25	Wednesday	6:50pm	6	
23/06/25	Monday	9:30am	BK - Run	Blue Kangaroo
23/06/25	Monday	6:30pm	Hill	Coached – Beverley (old) Rd, Skidby
25/06/25	Wednesday	6:50pm	1	
30/06/25	Monday	9:30am	BK - Run	Blue Kangaroo
30/06/25	Monday	6:30pm	Speed	Coached – Keldgate, Cottingham

## July 2025

Date	Day	Time	Route	Comments
02/07/25	Wednesday	6:50pm	2	
07/07/25	Monday	9:30am	BK - Run	Blue Kangaroo
07/07/25	Monday	6:30pm	XC	Coached – Beverley Westwood
09/07/25	Wednesday	6:50pm	3	
14/07/25	Monday	9:30am	BK - Run	Blue Kangaroo
14/07/25	Monday	6:30pm	Hill	Coached – Beverley (old) Rd, Skidby
16/07/25	Wednesday	6:50pm	4	
21/07/25	Monday	9:30am	<del>BK - Run</del>	No Session – School Holiday
21/07/25	Monday	6:30pm	Speed	Coached – Keldgate, Cottingham
23/07/25	Wednesday	6:50pm	5	
28/07/25	Monday	9:30am	<del>BK - Run</del>	No Session – School Holiday
28/07/25	Monday	6:30pm	Hill	Coached – Beverley (old) Rd, Skidby
30/07/25	Wednesday	6:50pm	6	



## August 2025

Date	Day	Time	Route	Comments
04/08/25	Monday	9:30am	<del>BK-Run</del>	No Session – School Holiday
04/08/25	Monday	6:30pm	XC	Coached – Westwood, Beverley.
06/08/25	Wednesday	6:50pm	1	
11/08/25	Monday	9:30am	<del>BK-Run</del>	No Session – School Holiday
11/08/25	Monday	6:30pm	Speed	Coached – Keldgate, Cottingham
13/08/25	Wednesday	6:50pm	2	
18/08/25	Monday	9:30am	<del>BK-Run</del>	No Session – School Holiday
18/08/25	Monday	6:30pm	Hill	Coached – Beverley (old) Rd, Skidby
20/08/25	Wednesday	6:50pm	3	
25/08/25	Monday	9:30am	<del>BK-Run</del>	No Session – Bank Holiday
25/08/25	Monday	6:30pm	<del>Speed</del>	No Session – Bank Holiday
27/08/25	Wednesday	6:50pm	4	

**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 +.