Harrogate Fitmums & Friends Training Schedule
Spring / Summer 2025

April 2025

Date	Day	Time	Route	Comments
02/04/25	Wednesday	7:15pm	S & C	Coached
07/04/25	Monday	7:15pm	Winter 1	
14/04/25	Monday	7:15pm	Winter 2	
21/04/25	Monday	7:15pm	No Session	Bank Holiday
28/04/25	Monday	7:15pm	Grass Track	Coached

May 2025

Date	Day	Time	Route	Comments
05/05/25	Monday	7:15pm	No Session	Bank Holiday
12/05/25	Monday	7:15pm	Summer 1	
19/05/25	Monday	7:15pm	Summer 2	
26/05/25	Monday	7:15pm	No Session	

June 2025

Date	Day	Time	Route	Comments
02/06/25	Monday	7:15pm	Grass Track	Coached
09/06/25	Monday	7:15pm	Summer 3	
16/06/25	Monday	7:15pm	Summer 1	
23/06/25	Monday	7:15pm	Summer 2	
30/06/25	Monday	7:15pm	Grass Track	Coached

July 2025

Date	Day	Time	Route	Comments
07/07/25	Monday	7:15pm	Summer 3	
14/07/25	Monday	7:15pm	Grass Track	Coached
21/07/25	Monday	7:15pm	Summer 1	
28/07/25	Monday	7:15pm	Summer 2	

August 2025

Date	Day	Time	Route	Comments
04/08/25	Monday	7:15pm	Summer 3	
11/08/25	Monday	7:15pm	Summer 1	
18/08/25	Monday	7:15pm	Summer 2	
25/08/25	Monday	7:15pm	No Session	Bank Holiday

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 +.