



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 +.