Brough Fitmums and Friends
Training Schedule
Autumn/Winter 2025-26

Sep 2025						Run					
Date	Day	Activity	Venue	Time	Route	1m	2m	3m	4m	5m	6m
02/09/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	Summer C	MAP	MAP	MAP	MAP	MAP	MAP
09/09/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	D	MAP	MAP	MAP	MAP	MAP	MAP
16/09/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	E	MAP	MAP	MAP	MAP	MAP	MAP
23/09/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	F	MAP	MAP	MAP	MAP	MAP	MAP
30/09/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	Winter A	MAP	MAP	MAP	MAP	MAP	MAP

Oct 2025						Run					
Date	Day	Activity	Venue	Time	Route	1m	2m	3m	4m	5m	6m
07/10/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	B	MAP	MAP	MAP	MAP	MAP	MAP
14/10/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	C	MAP	MAP	MAP	MAP	MAP	MAP
21/10/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	D	MAP	MAP	MAP	MAP	MAP	MAP
28/10/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	E	MAP	MAP	MAP	MAP	MAP	MAP

Nov 2025						Run					
Date	Day	Activity	Venue	Time	Route	1m	2m	3m	4m	5m	6m
04/11/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	A	MAP	MAP	MAP	MAP	MAP	MAP
11/11/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	B	MAP	MAP	MAP	MAP	MAP	MAP
18/11/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	C	MAP	MAP	MAP	MAP	MAP	MAP
25/11/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	D	MAP	MAP	MAP	MAP	MAP	MAP

Dec 2025						Run					
Date	Day	Activity	Venue	Time	Route	1m	2m	3m	4m	5m	6m
02/12/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	E	MAP	MAP	MAP	MAP	MAP	MAP
09/12/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	A	MAP	MAP	MAP	MAP	MAP	MAP
16/12/2025	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	B	MAP	MAP	MAP	MAP	MAP	MAP
23/12/2025	Tuesday	Closed			Christmas Break						
30/12/2025	Tuesday	Closed			Christmas Break						

Jan 2025						Run					
Date	Day	Activity	Venue	Time	Route	1m	2m	3m	4m	5m	6m
06/01/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	C	MAP	MAP	MAP	MAP	MAP	MAP
13/01/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	D	MAP	MAP	MAP	MAP	MAP	MAP
20/01/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	E	MAP	MAP	MAP	MAP	MAP	MAP
27/01/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	A	MAP	MAP	MAP	MAP	MAP	MAP

Feb 2025						Run					
Date	Day	Activity	Venue	Time	Route	1m	2m	3m	4m	5m	6m
03/02/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	B	MAP	MAP	MAP	MAP	MAP	MAP
10/02/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	C	MAP	MAP	MAP	MAP	MAP	MAP
17/02/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	D	MAP	MAP	MAP	MAP	MAP	MAP
24/02/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	E	MAP	MAP	MAP	MAP	MAP	MAP

Mar 2025						Run					
Date	Day	Activity	Venue	Time	Route	1m	2m	3m	4m	5m	6m
03/03/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	A	MAP	MAP	MAP	MAP	MAP	MAP
10/03/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	B	MAP	MAP	MAP	MAP	MAP	MAP
17/03/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	C	MAP	MAP	MAP	MAP	MAP	MAP
24/03/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	D	MAP	MAP	MAP	MAP	MAP	MAP
31/03/2026	Tuesday	Run/Walk	Brough Fire Station. 1 Saltgrounds Road. HU15 1EG	18:45	E	MAP	MAP	MAP	MAP	MAP	MAP