



East Hull Fitmums & Friends Training Schedule Spring / Summer 2025

April 2025

Date	Day	Time	Route	Comments
01/04/25	Tuesday	6:50pm	1	
08/04/25	Tuesday	6:50pm	2	
15/04/25	Tuesday	6:50pm	3	
22/04/25	Tuesday	6:50pm	1	
24/04/25	Thursday	6:30pm	Grass Track	Coached – East Park Boating Lake
29/04/25	Tuesday	6:50pm	2	

May 2025

Date	Day	Time	Route	Comments
06/05/25	Tuesday	6:50pm	3	
13/05/25	Tuesday	6:50pm	1	
20/05/25	Tuesday	6:50pm	2	
22/05/25	Thursday	6:30pm	Grass Track	Coached – East Park Boating Lake
27/05/25	Tuesday	6:50pm	3	

June 2025

Date	Day	Time	Route	Comments
03/06/25	Tuesday	6:50pm	1	
10/06/25	Tuesday	6:50pm	Timed Run	East Park – Start at Clubhouse
17/06/25	Tuesday	6:50pm	2	
19/06/25	Thursday	6:30pm	Grass Track	Coached – East Park Boating Lake
24/06/25	Tuesday	6:50pm	3	



July 2025

Date	Day	Time	Route	Comments
01/07/25	Tuesday	6:50pm	1	
08/07/25	Tuesday	6:50pm	Timed Run	East Park – Start at Clubhouse
15/07/25	Tuesday	6:50pm	2	
17/07/25	Thursday	6:30pm	Grass Track	Coached – East Park Boating Lake
22/07/25	Tuesday	6:50pm	3	
29/07/25	Tuesday	6:50pm	1	

August 2025

Date	Day	Time	Route	Comments
05/08/25	Tuesday	6:50pm	2	
12/08/25	Tuesday	6:50pm	3	
14/08/25	Thursday	6:30pm	Grass Track	Coached – East Park Boating Lake
19/08/25	Tuesday	6:50pm	1	
26/08/25	Tuesday	6:50pm	2	

September 2025

Date	Day	Time	Route	Comments
02/09/25	Tuesday	6:50pm	Timed Run	East Park – Start at Clubhouse

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.