**Market Weighton Fitmums & Friends Training Schedule**

**Autumn/Winter 2024-25**

**September 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 03/09/24 | Tuesday | 6:45pm | Summer Route |  |
|  |  |  |  |  |
| 10/09/24 | Tuesday | 6:45pm | Summer route |  |
|  |  |  |  |  |
| 17/09/24 | Tuesday | 6:45pm | A |  |
|  |  |  |  |  |
| 24/09/24 | Tuesday | 6:45pm | B |  |

**October 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 01/10/24 | Tuesday | 6:45pm | C |  |
|  |  |  |  |  |
| 08/10/24 | Tuesday | 6:45pm | D |  |
|  |  |  |  |  |
| 15/10/24 | Tuesday | 6:45pm | E |  |
|  |  |  |  |  |
| 22/10/24 | Tuesday | 6:45pm | F |  |
|  |  |  |  |  |
| 29/10/24 | Tuesday | 6:45pm | A |  |

**November 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 05/11/24 | Tuesday | 6:45pm | B |  |
|  |  |  |  |  |
| 11/11/24 | Monday | 6:45pm | S & C |  |
|  |  |  |  |  |
| 12/11/24 | Tuesday | 6:45pm | C |  |
|  |  |  |  |  |
| 19/11/24 | Tuesday | 6:45pm | D |  |
|  |  |  |  |  |
| 26/11/24 | Tuesday | 6:45pm | E |  |

**December 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 03/12/24 | Tuesday | 6:45pm | F |  |
|  |  |  |  |  |
| 10/12/24 | Tuesday | 6:45pm | A |  |
|  |  |  |  |  |
| 17/12/24 | Tuesday | 6:45pm | Jingle Bell Run |  |
|  |  |  |  |  |
| 24/12/24 | Tuesday | 6:45pm | No session | School Christmas holidays |
|  |  |  |  |  |
| 31/12/24 | Tuesday | 6:45pm | No session | School Christmas holidays |

**January 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 07/01/25 | Tuesday | 6:45pm | B |  |
|  |  |  |  |  |
| 14/01/25 | Tuesday | 6:45pm | C |  |
|  |  |  |  |  |
| 21/01/25 | Tuesday | 6:45pm | D |  |
|  |  |  |  |  |
| 28/01/25 | Tuesday | 6:45pm | E |  |

**February 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 04/02/25 | Tuesday | 6:45pm | F |  |
|  |  |  |  |  |
| 11/02/25 | Tuesday | 6:45pm | A |  |
|  |  |  |  |  |
| 18/02/25 | Tuesday | 6:45pm | B |  |
|  |  |  |  |  |
| 25/02/25 | Tuesday | 6:45pm | C |  |

**March 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 04/03/25 | Tuesday | 6:45pm | D |  |
|  |  |  |  |  |
| 11/03/25 | Tuesday | 6:45pm | E |  |
|  |  |  |  |  |
| 18/03/25 | Tuesday | 6:45pm | F |  |
|  |  |  |  |  |
| 25/03/25 | Tuesday | 6:45pm | A |  |

**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 +.