**Pocklington Fitmums & Friends Training Schedule**

**Spring / Summer 2025**

**March 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 31/03/25 | Monday | 7:15pm | S & C | Coached – Burnby Hall |

**April 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 03/04/25 | Thursday | 7:00pm | - |  |
|  |  |  |  |  |
| 10/04/25 | Thursday | 7:00pm | - |  |
|  |  |  |  |  |
| 17/04/25 | Thursday | 7:00pm | A |  |
|  |  |  |  |  |
| 24/04/25 | Thursday | 7:00pm | Timed Run/Walk | Social after. 1 or 2miles |
|  |  |  |  |  |
| 28/04/25 | Monday | 7:15pm | S & C | Coached – Burnby Hall |

**May 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 01/05/25 | Thursday | 7:00pm | B |  |
|  |  |  |  |  |
| 08/05/25 | Thursday | 7:00pm | C |  |
|  |  |  |  |  |
| 15/05/25 | Thursday | 7:00pm | Away Run | Buddhist Centre – 1,2,3 miles |
| 15/05/25 | Thursday | 6:30pm | Away Run | From Fire Station – 5,6 miles |
|  |  |  |  |  |
| 22/05/25 | Thursday | 7:00pm | D | Social after |
|  |  |  |  |  |
| 29/05/25 | Thursday | 7:00pm | Timed Run/Walk | Social after. 1 or 2miles |

**June 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 02/06/25 | Monday | 7:15pm | S & C | Coached – Burnby Hall |
| 05/06/25 | Thursday | 7:00pm | A |  |
|  |  |  |  |  |
| 12/06/25 | Thursday | 7:00pm | B |  |
|  |  |  |  |  |
| 19/06/25 | Thursday | 7:00pm | Away Run | Millington – Routes TBC |
|  |  |  |  |  |
| 26/06/25 | Thursday | 7:00pm | C |  |
|  |  |  |  |  |
| 30/06/25 | Monday | 7:15pm | S & C | Coached – Burnby Hall |

**July 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 03/07/25 | Thursday | 7:00pm | D |  |
|  |  |  |  |  |
| 10/07/25 | Thursday | 7:00pm | A |  |
|  |  |  |  |  |
| 17/07/25 | Thursday | 7:00pm | Games & Timed Run/Walk | Birthday Social |
|  |  |  |  |  |
| 24/07/25 | Thursday | 7:00pm | B |  |
|  |  |  |  |  |
| 31/07/25 | Thursday | 7:00pm | C |  |

**August 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
| 07/08/25 | Thursday | 7:00pm | D |  |
|  |  |  |  |  |
| 14/08/25 | Thursday | 7:00pm | A |  |
|  |  |  |  |  |
| 21/08/25 | Thursday | 7:00pm | B |  |
|  |  |  |  |  |
| 28/08/25 | Thursday | 7:00pm | C |  |

**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 +.