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

| Mar 2026 | | | | | | | Run | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Date | Day | Club | Activity | Venue | Time | Route | 1m | 2m | 3m | 4m | 5m | 6m |
| 03/03/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Winter A | MAP | MAP | MAP | MAP | MAP | MAP |
| 10/03/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Winter B | MAP | MAP | MAP | MAP | MAP | MAP |
| 16/03/2026 | Monday | Brough | S & C | Elloughton Primary School, Stockbridge Road. HU15 1HN | 18:45 | Coached | | | | | | |
| 17/03/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Winter C | MAP | MAP | MAP | MAP | MAP | MAP |
| 24/03/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Winter D | MAP | MAP | MAP | MAP | MAP | MAP |
| 31/03/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Winter E | MAP | MAP | MAP | MAP | MAP | MAP |

| Apr 2026 | | | | | | | Run | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Date | Day | Club | Activity | Venue | Time | Route | 1m | 2m | 3m | 4m | 5m | 6m |
| 07/04/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer D | MAP | MAP | MAP | MAP | MAP | MAP |
| 14/04/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer E | MAP | MAP | MAP | MAP | MAP | MAP |
| 16/04/2026 | Thursday | Boo / Bro | Grass Track | Sirius West Academy, Anlaby Park Rd South.Hull HU4 7JB | 19:00 | Coached | | | | | | |
| 21/04/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer F | MAP | MAP | MAP | MAP | MAP | MAP |
| 28/04/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer G | MAP | MAP | MAP | MAP | MAP | MAP |

| May 2026 | | | | | | | Run | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Date | Day | Club | Activity | Venue | Time | Route | 1m | 2m | 3m | 4m | 5m | 6m |
| 05/05/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer D | MAP | MAP | MAP | MAP | MAP | MAP |
| 12/05/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer E | MAP | MAP | MAP | MAP | MAP | MAP |
| 14/05/2026 | Thursday | Boo / Bro | Grass Track | Sirius West Academy, Anlaby Park Rd South.Hull HU4 7JB | 19:00 | Coached | | | | | | |
| 19/05/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer F | MAP | MAP | MAP | MAP | MAP | MAP |
| 26/05/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer G | MAP | MAP | MAP | MAP | MAP | MAP |

| Jun 2026 | | | | | | | Run | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Date | Day | Club | Activity | Venue | Time | Route | 1m | 2m | 3m | 4m | 5m | 6m |
| 02/06/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer D | MAP | MAP | MAP | MAP | MAP | MAP |
| 09/06/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer E | MAP | MAP | MAP | MAP | MAP | MAP |
| 11/06/2026 | Thursday | Boo / Bro | Grass Track | Sirius West Academy, Anlaby Park Rd South.Hull HU4 7JB | 19:00 | Coached | | | | | | |
| 16/06/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer F | MAP | MAP | MAP | MAP | MAP | MAP |
| 23/06/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer G | MAP | MAP | MAP | MAP | MAP | MAP |
| 30/06/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer D | MAP | MAP | MAP | MAP | MAP | MAP |

| Jul 2026 | | | | | | | Run | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Date | Day | Club | Activity | Venue | Time | Route | 1m | 2m | 3m | 4m | 5m | 6m |
| 07/07/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer E | MAP | MAP | MAP | MAP | MAP | MAP |
| 14/07/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer F | MAP | MAP | MAP | MAP | MAP | MAP |
| 09/07/2026 | Thursday | Boo / Bro | Grass Track | Sirius West Academy, Anlaby Park Rd South.Hull HU4 7JB | 19:00 | Coached | | | | | | |
| 21/07/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer G | MAP | MAP | MAP | MAP | MAP | MAP |
| 28/07/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer D | MAP | MAP | MAP | MAP | MAP | MAP |

| Aug 2026 | | | | | | | Run | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Date | Day | Club | Activity | Venue | Time | Route | 1m | 2m | 3m | 4m | 5m | 6m |
| 04/08/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer E | MAP | MAP | MAP | MAP | MAP | MAP |
| 11/08/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer F | MAP | MAP | MAP | MAP | MAP | MAP |
| 18/08/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer G | MAP | MAP | MAP | MAP | MAP | MAP |
| 25/08/2026 | Tuesday | Brough | Run/Walk | Brough Fire Station. 1 Saltgrounds Road. HU15 1EG | 18:45 | Summer D | MAP | MAP | MAP | MAP | MAP | MAP |