**Hedon Fitmums & Friends Training Schedule**

**Spring/Summer 2024**

**April 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 01.04.2024 | MON | 6:45pm | **No Session** | **Bank holiday** |
|  |  |  |  |  |
| 08.04.2024 | MON | 6:45pm | **1** |  |
|  |  |  |  |  |
| 15.04.2024 | MON | 6:45pm | **2** |  |
|  |  |  |  |  |
| 22.04.2024 | MON | 6:45pm | **3** |  |
|  |  |  |  |  |
| 29.04.2024 | MON | 6.45pm | **Coached Session** | **Grass Track with S&C** |
|  |  |  |  |  |

**May 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
|  |  |  |  |  |
| 06.05.2024 | MON | 6:45pm | **No Session** | **Bank Holiday** |
|  |  |  |  |  |
| 13.05.2024 | MON | 6:45pm | **4** |  |
|  |  |  |  |  |
| 20.05.2024 | MON | 6:45pm | **5** |  |
|  |  |  |  |  |
| 27.05.2024 | MON | 6:45pm | **No Session** | **Bank holiday** |
|  |  |  |  |  |

**June 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 03.06.2024 | MON | 6:45pm | **1** |  |
|  |  |  |  |  |
| 10.06.2024 | MON | 6:45pm | **2** |  |
|  |  |  |  |  |
| 17.06.2024 | MON | 6:45pm | **3** |  |
|  |  |  |  |  |
| 24.06.2024 | MON | 6:45pm | **Coached Session** | **Grass Track with S&C** |
|  |  |  |  |  |

**July 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 01.07.2024 | MON | 6:45pm | **4** |  |
|  |  |  |  |  |
| 08.07.2024 | MON | 6:45pm | **5** |  |
|  |  |  |  |  |
| 15.07.2024 | MON | 6:45pm | **1** |  |
|  |  |  |  |  |
| 22.07.2024 | MON | 6:45pm | **2** |  |
|  |  |  |  |  |
| 29.07.2024 | MON | 6:45pm | **Coached Session** | **Grass Track with S&C** |

**August 2024**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 05.08.2024 | MON | 6:45pm | **3** |  |
|  |  |  |  |  |
| 12.08.2024 | MON | 6:45pm | **4** |  |
|  |  |  |  |  |
| 19.08.2024 | MON | 6:45pm | **5** |  |
|  |  |  |  |  |
| 26.08.2024 | MON | 6:45pm | **No Session** | **Bank Holiday** |
|  |  |  |  |  |

**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 +.