**Fitmums & Friends Training Schedule**

**Spring/Summer 2019**

**April 2019**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** | **Time** | **Route** | **Comments** |
|  |  |  |  |  |
| 01.04.19 | MON | 9.30 am | **See BK Folder** |  |
|  | MON | 6.30 pm | **Grass Track** |  |
| 03.04.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 08.04.19 | MON | 9.30 am | **No session** | School holiday |
|  | MON | 6.30 pm | **Grass Track** |  |
| 10.04.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 15.04.19 | MON | 9.30 am | **No session** | School Holiday |
|  | MON | 6.30 pm | **Grass Track** |  |
| 17.04.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 22.04.19 | MON | 9.30 am | **No Session** | School Holiday |
|  | MON | 6.30 pm | **No Session** | Bank Holiday |
| 24.04.19 | WED | 7.00 pm |  |  |
|   |  |  |  |  |
| 29.04.19 | MON | 9.30am | **See BK Folder** |  |
| 29.04.19 | MON | 6.30pm | **Grass Track** |  |

**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 +.

**Fitmums & Friends Training Schedule**

**Spring/Summer 2019**

**May 2019**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 01.05.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 06.05.19 | MON | 9.30 am | **No Session** | Bank Holiday |
|  | MON | 6.30 pm | **No Session** | Bank Holiday |
| 08.05.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 13.05.19 | MON | 9.30 am | **See BK Folder** |  |
|  | MON | 6.30 pm | **Grass Track** |  |
| 15.05.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 20.05.19 | MON | 9.30 am | **See BK Folder** |  |
|  | MON | 6.30 pm | **Grass Tarck** |  |
| 22.05.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 27.05.19 | MON | 9.30 am | **No Session**  | School Hols |
|  | MON | 6.30 pm | **No Session** | Bank Holiday |
| 29.05.19 | WED | 7.00pm |  |  |

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**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 +.

**Fitmums & Friends Training Schedule**

**Spring/Summer 2019**

**June 2019**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 03.06.19 | MON | 9.30am | **See BK Folder** |  |
|  | MON | 6.30pm | **Grass Track** |  |
| 05.06.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 10.06.19 | MON | 9.30 am | **See BK Folder** |  |
|  | MON | 6.30 pm | **Grass Track** |  |
| 12.06.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 17.06.19 | MON | 9.30 am | **See BK Folder** |  |
|  | MON | 6.30 pm | **Grass Track** |  |
| 19.06.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 24.06.19 | MON | 9.30 am | **See BK Folder** |  |
|  | MON | 6.30 pm | **Grass Track** |  |
| 26.06.19 | WED | 7.00 pm |  |  |

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**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 +.

**Fitmums & Friends Training Schedule**

**Spring/Summer 2019**

**July 2019**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
|  |  |  |  |  |
| 01.07.19 | MON | 9.30 am | **See BK Folder** |  |
|  | MON | 6.30 pm | **Grass Track** |  |
| 03.07.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 08.07.19 | MON | 9.30 am | **See BK Folder** |  |
|  | MON | 6.30 pm | **Grass Track** |  |
| 10.07.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 15.07.19 | MON | 9.30 am | **See BK Folder** |  |
|  | MON | 6.30 pm | **Grass Track** |  |
| 17.07.19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 22.07.19 | MON | 9.30 am | **No Session** | School Holiday |
|  | MON | 6.30 pm | **Grass Track** |  |
| 24.07.19 | WED | 7.00 pm |  |  |
|   |  |  |  |  |
| 29.07.19 | MON | 9.30am | **No Session** | School Holiday |
|  | MON | 6.30pm | **Grass Track** |  |
| 31.07.19 | WED | 7.00pm |  |  |

**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 +.

**Fitmums & Friends Training Schedule**

**Spring/Summer 2019**

**August 2019**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day** |  | **Route** | **Comments** |
| 05.08-19 | MON | 9.30 am | **No Session** | School holiday |
|  | MON | 6.30 pm | **Grass Track** |  |
| 07.08-19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 12-08-19 | MON | 9.30 am | **No Session** | School Holiday |
|  | MON | 6.30 pm | **Grass Track** |  |
| 14-08-19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 19-08-19 | MON | 9.30 am | **No Session** | School holiday |
|  | MON | 6.30 pm | **Grass Track** |  |
| 21-08-19 | WED | 7.00 pm |  |  |
|  |  |  |  |  |
| 26-08-19 | MON | 9.30 am | **No Session** | School Holiday |
|  | MON | 6.30 pm | **No session** | ***Bank Holiday*** |
| 28-08.19 | WED | 7.OOpm |  |  |

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**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 +.