

"Success isn't just about what you accomplish in your life, it's about what you inspire others to do."

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4 FWF parkrun
5 <u>Fladbury Festive 5</u> Sharon, Ilse, Spencer, Dom, Sue	6 FWF Club Night 6pm DISTANCE	7	8	9	10	11
12	13 FWF Club Night 6pm MUSTERING (distance/ tempo)	14	15	16	17	18
19	20 FWF Club Night 6pm STRENGTH & CONDITIONING	21	22	23	24	25 FWF Celebration 7-10pm
26 <u>Farnborough 5k</u> Dom <u>Not the Roman IX</u> Sharon, Spencer	27 FWF Club Night 6pm SELF-DEVELOPMENT	28	29	30	31	1

"I don't run to add days to my life, I run to add life to my days."

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 FWF parkrun Committee and Coaches Meeting
2 <u>Stourbridge</u> <u>Stagger 10km</u> <u>multi terrain</u>	3 FWF Club Night 6pm DISTANCE	4	5	6	7	8
9	10 FWF Club Night 6pm MUSTERING (distance/ tempo)	11	12	13	14	15
16	17 FWF Club Night 6pm STRENGTH & CONDITIONING	18	19	20	21	22
23	24 FWF Club Night 6pm SELF- DEVELOPMENT	25	26	27	28	29

"If you want to go fast, go alone. If you want to go far, go together."

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 FWF Club Night 6pm DISTANCE	3	4	5	6	7 FWF parkrun
8	9 FWF Club Night 6pm MUSTERING (distance/ tempo)	10	11	12	13	14
15	16 FWF Club Night 6pm STRENGTH & CONDITIONING	17	18	19	20	21
22	23 FWF Club Night 6pm SELF- DEVELOPMENT	24	25	26	27	28 Coaches Training – Venue & time TBC
29 <u>Forest of Dean Trail</u> <u>Half Marathon</u> Sharon, Dom <u>Ironbridge Half</u>	30 AGM 6-9pm	31	1	2	3	4

"If you judge people you have no time to love them."

APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4 FWF parkrun
5 <u>St Richard's Scenic 6 (6 and 2 mile options)</u>	6 FWF Club Night 6pm DISTANCE	7	8	9	10 	11
12 	13 FWF Club Night 6pm MUSTERING (distance/ tempo)	14	15	16	17	18
19 <u>Birmingham half, 10km & 5km</u>	20 FWF Club Night 6pm STRENGTH & CONDITIONING	21	22	23	24	25
26 London Marathon	27 FWF Club Night 6pm SELF-DEVELOPMENT	28	29	30	1	2

"The miracle isn't that I finished. The miracle is that I had the courage to start."

MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2 FWF parkrun
3	4 FWF Club Night 6pm DISTANCE	5	6	7	8	9
10 <u>Crowle 10km</u> Sharon	11 FWF Club Night 6pm MUSTERING (distance/ tempo)	12	13	14	15	16
17 <u>Worcester</u> <u>Sixways half and</u> <u>marathon</u>	18 FWF Club Night 6pm STRENGTH & CONDITIONING	19	20	21	22	23
24	25 FWF Club Night 6pm SELF- DEVELOPMENT	26	27	28	29	30
31	1	2	3	4	5	6

"Every run is a work of art, a drawing on each day's canvas. Some runs are shouts and some runs are whispers. Some runs are eulogies and others celebrations."

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 FWF Club Night 6pm DISTANCE	2	3	4	5	6 FWF parkrun Committee and Coaches Meeting
7 <u>The Magic Roundabout 10k Hereford</u>	8 FWF Club Night 6pm MUSTERING (distance/ tempo)	9	10	11	12	13
14	15 FWF Club Night 6pm STRENGTH & CONDITIONING	16	17	18	19	20
21	22 FWF Club Night 6pm SELF- DEVELOPMENT	23	24	25	26	27
28	29 FWF Club Night 6pm DISTANCE	30	1	2	3	4

JULY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4 FWF parkrun
5 <u>Evesham Town 10K</u>	6 FWF Club Night 6pm MUSTERING (distance/ tempo)	7	8	9	10	11 <u>Ludlow 10k</u>
12	13 FWF Club Night 6pm STRENGTH & CONDITIONING	14	15	16	17	18
19 <u>Worcester Race for Life 10km & 5km</u>	20 FWF Club Night 6pm SELF-DEVELOPMENT	21	22	23	24	25
26	27 FWF Club Night 6pm DISTANCE	28	29	30	31	1

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 FWF parkrun
2	3 FWF Club Night 6pm MUSTERING (distance/ tempo)	4	5	6	7	8
9	10 FWF Club Night 6pm STRENGTH & CONDITIONING	11	12	13	14	15
16	17 FWF Club Night 6pm SELF- DEVELOPMENT	18	19	20	21	22
23	24 FWF Club Night 6pm DISTANCE	25	26	27	28	29
30	31 FWF Club Night 6pm MUSTERING (distance/ tempo)	1	2	3	4	5

SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5 FWF parkrun Committee and Coaches Meeting
6	7 FWF Club Night 6pm STRENGTH & CONDITIONING	8	9	10	11	12
13 Worcester City Half, 10K? Awaiting date	14 FWF Club Night 6pm SELF- DEVELOPMENT	15	16	17	18	19
20 <u>St Richard's Cupcake Chase (5/10k)</u>	21 FWF Club Night 6pm DISTANCE	22	23	24	25	26
27 <u>Forest of Dean Autumn Half</u>	28 FWF Club Night 6pm MUSTERING (distance/ tempo)	29	30	1	2	3

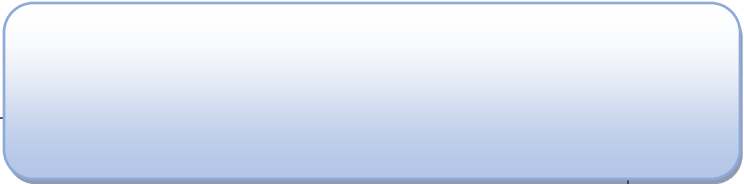
OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3 FWF parkrun
4 <u>Cardiff Half Marathon</u>	5 FWF Club Night 6pm STRENGTH & CONDITIONING	6	7	8	9	10
11	12 FWF Club Night 6pm SELF-DEVELOPMENT	13	14	15	16	17
18	19 FWF Club Night 6pm DISTANCE	20	21	22	23	24
25	26 FWF Club Night 6pm MUSTERING (distance/ tempo)	27	28	29	30	31

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 FWF Club Night 6pm STRENGTH & CONDITIONING	3	4	5	6	7 FWF parkrun
8	9 FWF Club Night 6pm SELF- DEVELOPMENT	10	11	12	13	14
15	16 FWF Club Night 6pm DISTANCE	17	18	19	20	21
22 Nash & Boraston 10k dash? Awaiting date	23 FWF Club Night 6pm MUSTERING (distance/ tempo)	24	25	26	27	28
29 Nash & Boraston 10k dash? Awaiting date	30 FWF Club Night 6pm STRENGTH & CONDITIONING	1	2	3	4	5

DECEMBER 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5 FWF parkrun
6	7 FWF Club Night 6pm SELF-DEVELOPMENT	8	9	10	11	12
13	14 FWF Club Night 6pm DISTANCE	15	16	17	18	19
20	21 Christmas Tree Club Run	22	23	24	25 	26
27	28 FWF Club Night 6pm STRENGTH & CONDITIONING	29	30	31	1	2