

December 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 ZOOM: LONDON MARATHON CHAT ROOM KICK OFF	10	11	12	13	14
15 LONDON 10 + TEAM BRUNCH	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 ZOOM: LONDON MARATHON CHAT ROOM (Mental Wellness)	7	8	9	10	11
12	13	14	15	16	17	18
19 CLUB RUN 9AM BATTERSEA	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 ZOOM: LONDON MARATHON CHAT ROOM (Injury prevention)	4	5	6	7	8
9	10	11	12	13	14	15
16 CLUB RUN 9AM HYDE PARK	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 ZOOM CALL: LONDON MARATHON CHAT ROOM (1% gains)	4	5	6	7	8
9	10	11	12	13	14	15
16 CLUB RUN 9AM VICTORIA PARK	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 ZOOM CALL: LONDON MARATHON CHAT ROOM (preparing for	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 TEAM BIB COLLECTION	25	26
27 LONDON MARATHON	28	29	30			

