

MEAVY ENDURANCE SESSIONS – Summer 2018

These are aimed at runners training for Half and Full Marathons in the Autumn. They are an alternative to the normal Meavy track session, which continue as normal. Meet at the College at normal time. Finish times dependant on distance but all will be later than 8pm.

Week Commencing	Thursday Run
2 nd July	6 Mile Pace Run – Clearbrook Leader - Richard
9 th July	6 Mile Pace Run with Hills. Rix Hill, Grenofen, Drakes Trail. Leader – Richard
16 th July	Tavi Relays
23 rd July	7 Mile Pace Run – Cars to Plasterdown and Tavy 7 route. Leader - Ian
30 th July	6 mile Pace Run – Mill Hill Loop. Leader - Richard
6 th August	7 Mile Pace Run – Cars to Yelverton, Plym trail/Moor. Leader - Ian
20 th August	8 Mile Run. Start of Tavy 13. Leader - Ian
27 th August	6 Mile Pace Run, W’church Rd, Trout and Tipple with Kenyan Hills at Deer Park. Leader - Rich
3 rd September	8 mile Pace run – Cars to Burrator, 2.5 laps. Leader - Ian
10 th September	8 Mile Pace Run. Drakes Trail to Yelverton-ish and back. Leader Richard
17 th September	8 Mile Pace Run, Canal, Crease Lane. Leader – Ian.
24 th September	5 Mile Pace Run and hills – Cars to Tamar trails. Leader TBC.
1 st October	5 Mile Pace run & Kenyan Hills. Trout and Tipple, Round House hills, Viaduct. Leader - Rich
8 th October	5 Mile Pace Run. Down Road, Quarry, Violet Lane. Leader – Ian.
15 th October	4 Mile Pace Run. Drakes Trail. Leader Richard.
22 nd October	3 Mile Pace Run. Park/Town. Leader Ian.