

TAVY TRAINING PLAN: October - December 2018

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You might like to carry a torch each week, but for the runs marked TORCH you'll def need one. (Not your phone)

PLEASE WEAR HIGH-VIZ.

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday October 1st	Rest or easy 4 miles	Courtenay Rd hills and the railway	Work on core strength and/or easy run	TORCH: Car run. Sprints on Gem Bridge	Rest	Track session, Graduates run, or rest	Long slow run
Monday October 8th	Rest or easy 4 miles	Westmoor Park hills and the funfair 2 x 7', 1 x 4'	Armada 3k, Central Park. GOOSE FAIR	Redmoor Close for a threshold session	Rest	Track session, Graduates run or rest	Long slow run
Monday October 15th	Rest or easy 4 miles	Mohun's Park for Kenyan hills 3 x 7' rest 2'	Work on core strength and/or easy run	Steady run: Whitchurch Rd and a long circuit	Rest	TAVY 5	Long slow run
Monday October 22nd	Rest or easy 4 miles	TORCH: Out and backs on Whitchurch Down (if dry-ish)	Work on core strength and/or easy run	Sorting Office hills	Rest	Rest if racing tomorrow	THE TAVY 7 (miles) BST ends
Monday October 29th	Rest or easy 4 miles	Pyramid efforts in the park	Work on core strength and/or easy run	Steady run Bishopsmead, Tiddybrook	Rest	Rest if racing tomorrow	GRAND PRIX RACE: BIDEFORD 10-MILER
Monday November 5th	Rest or easy 4 miles.	Easy-ish miles	Work on core strength and/or easy run	Whitchurch Road hills	Rest	Track session, Graduates run or rest	Long slow run
Monday November 12th	Rest or easy 4 miles.	Pre-race amble in Watts Rd area	GRAND PRIX RACE: ARMADA 3k	TORCH: Post-and/or pre-race potter along the railway line	Rest	TAVY 5	GRAND PRIX RACE: 7mi STORM RACE
Monday November 19th	Rest or easy 4 miles.	TORCH: Down Rd hills	Work on core strength and/or easy run	Speed session along the canal	Rest	Track session, Graduates run, or rest	Tamar Trails: ROLLERCOASTER - 5 hills in 5 miles
Monday November 26th	Rest or easy 4 miles.	TORCH?: Catch your cone, near the Council Offices	Work on core strength and/or easy run	Manor Rd hills	Rest	Track session, Graduates run or rest	Long slow run
Monday December 3rd	Rest or easy 4 miles	TORCH: Pyramid efforts on the railway	Work on core strength and/or easy run	Chaucer Rd efforts	Rest	Track session, Graduates run, rest	Long slow run
Monday December 10th	Rest or easy 4 miles	Deer Park hills (prob)	Armada 3k: Central Park	Circuits, if dry	Rest	TAVY 5	Long slow run
Monday December 17th	Rest or easy 4 miles	Christmas lights run to the top of the town	Work on core strength and/or easy run	Christmas lights run Bishopsmead and Whitchurch	Rest	Tamar Trails PARKRUN?	Long slow run
Monday December 24th	Rest or easy 4 miles	CHRISTMAS DAY	JINGLE BELL JOG, BURATOR	Solo run or rest	Rest	Solo run, Tamar Trails PARKRUN or rest	Long slow run