

The Meavy group schedule

October 2018

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	Rest or easy run 4-6 miles	Track 12x 400m 2min rec	Steady 5-8 miles	Track 8x 200m 2 min rec	Rest or easy run 4-6 miles	Easy run off road	Westward league Plymouth
08	Rest or easy run 4-6 miles	ROAD Kenyan Hills 6x5 mins	Steady 5-8 miles	Track 4x 400m, 4x 800m,4x 400m 4 mins rec	Rest or easy run 4-6 miles	Track 12 ½ laps Jog bends and fast straights	Long Run
15	Rest or easy run 4-6 miles		Steady 5-8 miles	Track 200/400/800/1200 /800/400/200 1-2 min rec	Rest or easy run 4-6 miles	Tavy 5 A.K.A 5Kool run	Long Run or Tavy 7
22	Rest or easy run 4-6 miles		Steady 5-8 miles	Track 4x 100m, 4x 200m,4x 400m 4 mins rec	Rest or easy run 4-6 miles	Track 6 x 600m / 6 x 300m 1 min rec	Long Run
29	Rest or easy run 4-6 miles		Steady 5-8 miles	Track 6x 800m 3 min rec	Rest or easy run 4-6 miles	Track 16 x 200m 45 secs rec	Bideford 10 miles

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November 2018

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05	Rest or easy run 4-6 miles	Track 3 x (4x400m) 45/30/15 sec rec 3 min set	Steady 5-8 miles	Track 8x 200m 2 min rec	Rest or easy run 4-6 miles	Easy run off road	Westward league Newquay
12	Rest or easy run 4-6 miles	ROAD Kenyan Hills 6x 6 mins	Steady 5-8 miles	Track 2 x 1200m 2 x 800m 4 x 400m 2 min rec	Rest or easy run 4-6 miles	Tavy 5 A.K.A 5Kool run	Long Run
19	Rest or easy run 4-6 miles	Meadows 3 x2 miles 4 mins rec	Steady 5-8 miles	Track 4 x (4 x 200m) 30 min rec 2 min sets	Rest or easy run 4-6 miles	Track 6x 150 , 3 x 300m 1 x 600m 2 min rec	Long Run
26	Rest or easy run 4-6 miles	Track 12x 400m 2min rec	Steady 5-8 miles	Track 8 x 200m 2 min rec	Rest or easy run 4-6 miles	Easy run off road	Westward league Exeter

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December 2018

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
03	Rest or easy run 4-6 miles	ROAD Kenyan Hills 4x 8 mins	Steady 5-8 miles	Track 2 1200m 2x 800m 4 x 400m 2 min rec	Rest or easy run 4-6 miles	Track 4 x 200 / 400 / 200m 4 mins rec	Long Run
10	Rest or easy run 4-6 miles	Meadows 8 x1000 miles 3 mins rec	Steady 5-8 miles	Track 6 x 150m, 3 x 300m 1 x 600m 2 min rec	Rest or easy run 4-6 miles	Tavy 5 A.K.A 5Kool run	Long Run
17	Rest or easy run 4-6 miles	ROAD Kenyan Hills 3x 9 mins	Steady 5-8 miles	Track 4 x (4 x 200m) 30 min rec 2 min sets	Rest or easy run 4-6 miles	Track 12 ½ laps Jog bends and fast straights	Long Run
24	Rest or easy run 4-6 miles	Christmas Day	Easy Run	Meadows 6 x1000 miles 2 mins rec	Rest or easy run 4-6 miles	Track if open 12 x 400m 1 min rec	Long Run Build up thirst and appetite for 2019