

## Meavy Group - April 2022

APRIL	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
w/c 4th	EASY RUN OR REST 4-6miles	<b>TRACK: Pyramids</b> 2 x(100/200/300/400/ 300/200/100m)  1min rec / 4 min set	STEADY RUN 5-8miles	<b>MEADOWS</b>  5 x 1km  2min recovery	EASY RUN OR REST 4-6miles	<b>TRACK:</b>  4 x ( 4x200)  45 sec rec / 3 min set	<b>LONG RUN:</b>
w/c 11th	EASY RUN OR REST 4-6miles	<b>TRACK:</b> 2 x 1200; 2 x 800; 4 x 400  (2min rec)	STEADY RUN 5-8miles	<b>WHITCHURCH DOWN</b> (Cricket Pitch)  5 x 4 min (2 min rec)	EASY RUN OR REST 4-6miles	<b>Tavy 5km</b> (registration at track from 8.45am, start 9.15am)	<b>LONG RUN:</b>
w/c 18th	EASY RUN OR REST 4-6miles	<b>TRACK:</b> 3 x (1000 + 500)  45sec rec / 8min sets	STEADY RUN 5-8miles	<b>TRACK: Salazar 300s</b>  7 x (300m fast, 100 jog recovery) - continuous running	EASY RUN OR REST 4-6miles	<b>TRACK:</b>  400m relays in pairs (or rest if running in Devon Open Series)	<b>Devon Open Athletics - Round 1 Braunton</b>
w/c 25th	EASY RUN OR REST 4-6miles	<b>TRACK: Compounds</b> 6 x (200/400/200)  4 min recovery	STEADY RUN 5-8miles	<b>MEADOWS:</b>  3 x 1 mile (2 min rec)	EASY RUN OR REST 4-6miles	<b>TRACK:</b>  6 x150m 3 x300m 1 x 600m	<b>LONG RUN:</b>