



## Meavy Group Schedule

### August/ September 2019

W/C	Tuesday	Wednesday	Thursday	Saturday
05 Aug 2019		Circuits 6pm	<b>Speed Pyramid</b> 200m 400m 600m 800m 600m 400m 200m Full Recoveries	
12 Aug 2019	<b>Threshold Run</b> 4 x 4 mins at 8:00 pace 2 x 6 mins at 8:30 pace	Circuits 6pm	4 x (200m 400m 200m)	<b>Tavy 5k</b>
19 Aug 2019	<b>Track</b> Jog the bends Stride out the straightts	Circuits 6pm	<b>Catch the cone</b> 200m then add 10m x 8	1 x 1600m 2 x 1200m 2 x 800m 1 x 40m ??
26 Aug 2019	<b>Hill Session</b> 30sec, 45sec, 60sec 45sec, 30 sec (Jog Recovery)	Circuits 6pm	<b>500m + Bounding</b> 4 x 500m 200m 5k pace 100m Bounding 200m Kick Finish	Asc / Desc Fartlek
02 Sep 2019	<b>Threshold Run</b> 2 x 2 miles 1 x 1 mile	Circuits 6pm	<b>800m Accelerations</b> 400m 10k Pace 300m 5k Pace 100m 1k Pace	Out & Back to Trout. & Tipple - Back quicker