

Meavy Group – August 2021

	Monday	Tuesday (6.30pm)	Wednesday	Thursday (6.30pm)	Friday	Saturday (9.00am)	Sunday
w/c 2 nd Aug	Rest or easy run 4-6m	Perpetual motion TRACK: 5 x 400m continuous running (200m jog / 200 fast each lap) 3 sets (4min recovery)	Steady run 5-8m	'Pavey' hill repeats CRICKET PITCH 'bench to pimple' 5 x 1min up (jog down) 2min rec after 5 5 x 45sec (jog down) 2min recovery 5 x 30sec (jog down) 2min recovery 1 x 3min (uphill as far as you can go, push hard for last 30secs!)	Rest or easy run 4-6m	½ Pyramid / time trial 200m (1min recovery) 400m (1 min recovery) 600m (2min recovery) 800m (4min recovery) 1 Mile Time Trial (beat your relay time!)	Long-run
w/c 9 th Aug	Rest or easy run 4-6m	The accelerator TRACK: 6 x 800m accelerations 400m at 5k pace 300m at mile pace 100m sprint for glory! 3min recovery after each 800m	Steady run 5-8m	Tracey's Speed bursts CRICKET PITCH (laps around pitch) 30 sec fast / 30 sec recovery 1min fast / 1min recovery 90 sec fast / 90 sec recovery 2min fast 3 sets (3min recovery after each)	Rest or easy run 4-6m	Bob's Classic 200m set 4 x (4 x 200m) 30sec between each 200 3min between sets	Marathon Training Session Meet at TRACK 8.30am Tavistock to Skylark at Clearbrook (and back) on cycle path 16m
w/c 16 th Aug	Rest or easy run 4-6m	Speed progression (listen for that whistle!) TRACK: 4 x 1min continuous (up pace after each minute) 5 sets (4min recover)	Steady run 5-8m	Kilometre repeats MEADOWS PARK 5 x 1 km (2 min recovery after each kilometre)	Rest or easy run 4-6m	Race / Event: TRACK: Tavy 5km (9.15am start, registration from 8.45am)	Marathon Training Session Meet Lydford village (park school road, by entrance to cycle path) at 8.30am Lydford to Okehampton Station (and back) on cycle path 16m
w/c 23 rd Aug	Rest or easy run 4-6m	Yasso 800s! 6 x 800m (with 400m slow jog recovery) Continuous run! Recovery at the end after 4m of running.	Steady run 5-8m	Fartlek run Meet at TRACK first. Run out to Gem Bridge and back Approx. 5miles or 8km Steady run with bursts of pace built in	Rest or easy run 4-6m	400m set (decreasing recovery) 3 x (4x400m) 45 sec / 30 sec / 15sec 4min recovery	Long-run

w/c 30 th Aug	Rest or easy run 4-6m	Chase the cone (for Nikki!) 11 x300m / 400m (Recovery from walk to start line after each circuit)	Steady run 5-8m	Mile repeats MEADOWS PARK 3 x 1mile repeat (3min recovery after each mile)	Rest or easy run 4-6m	Park run Tamar Trails 5km Parkrun 9.00am start	Race / Event: Plymouth Ocean City 10km & Half Marathon
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