

Meavy Group – December 2021

	Monday	Tuesday (6.30pm)	Wednesday	Thursday (6.30pm)	Friday	Saturday (9.00am)	Sunday
w/c 6 th Dec	Rest or easy run 4-6m	Yasso 800s TRACK: 800m fast, followed by 400m jog recovery (continuous running) x 6 Total distance 7200m	Steady run 5-8m	Kenyan Hills 4 x 8mins 2 min recovery	Rest or easy run 4-6m	Compounds 4 x (200m /400m/ 200m) 4 min sets	Long-run
w/c 13 th Dec	Rest or easy run 4-6m	Down the Pyramid TRACK: 1 x 1600m 1 x 1200m 1 x 800m 1 x 400m 1 x 200m 1-2min recovery	Steady run 5-8m	Kilometre repeats MEADOWS PARK 8 x 1 km (2 min recovery after each kilometre)	Rest or easy run 4-6m	Tavy 5km Registration from 8.45am Start 9.15am	Long-run
w/c 20 th Dec	Rest or easy run 4-6m	400m set (decreasing recovery) 3 x (4x400m) 45 sec / 30 sec / 15sec 3min recovery	Steady run 5-8m	Kenyan Hills 3 x 9mins 2 min recovery	Build up appetite	Christmas	Burn off Xmas Lunch run!
w/c 27 th Dec	Rest or easy run 4-6m	Break / Or Optional Set If Wanted! 12 x 400m 2min recovery	Steady run 5-8m	Mixed repeats MEADOWS PARK 5 x 1 km 8 x 400m (2 min recovery after each kilometre)	Off Road Run at Pimple 10.00am	New Year's Day	Long Run