

Meavy Group –October 2021

	Monday	Tuesday Track (6.30pm)	Wednesday	Thursday (6.30pm)	Friday	Saturday Track (9.00am)	Sunday
w/c 4 th Oct	Rest or easy run 4-6m	Track compounds 4 x (400/800/400) sets 4 min recovery	Steady run 5-8m	Road kenyan hills (meet at track first) 4 x 7min	Rest or easy run 4-6m	Chase the cone (starting at 300m line, push back 10m each time) Recover on way back to home straight / start line	Westward League <i>Cross country</i> <i>Plymouth</i> <i>(Manchester Marathon</i> <i>– go for it Richard!)</i>
w/c 11 th Oct	Rest or easy run 4-6m	Finish strong intervals 9 x 600m (with 2min recovery) For first 3, sprint/kick last 100m Next 3, sprint/kick last 200m Last 3, sprint/kick last 300m	Steady run 5-8m	Meadowlands (meet at track first) Alternating between 1km repeats and 400m 8 laps (4 x 1km) & 4 x (2 x400) 2min recovery after each lap	Rest or easy run 4-6m	Tavy 5km (start at track 9.15, registration from 8.45am)	Long run
w/c 18 th Oct	Rest or easy run 4-6m	Run to that whistle! 6x 5min continuous running on track (increase tempo after each minute when whistle blows!) 3min recovery	Steady run 5-8m	Fartlek run (meet at track first) Running around town - total 5m 3 x 90sec (same recovery after each) 4 x 60sec (same recovery after each) 4 x 30sec (same recovery after each) 6 x 15sec (same recovery after each)	Rest or easy run 4-6m	4 x (4 x 200) 30s recovery after each 2min between sets Agility ladder warm-ups!	Long run
w/c 25 th Oct	Rest or easy run 4-6m	10km time trial (with a difference) 25 x 400m, swap with partner after each lap for rest Working in pairs – beat your 10km record!	Steady run 5-8m	Meadowlands (meet at track first) 3 x 1m (3min recovery after each mile) Option to do 1-2 extra repeats / miles if so desired!	Rest or easy run 4-6m	Faster / slower 5km 12 and half laps Jog bends and run straights fast Plyometric warm-ups!	Tavy 7 (for both runners and volunteers!)