

Meavy Group – September 2021

	Monday	Tuesday Track (6.30pm)	Wednesday	Thursday (6.30pm)	Friday	Saturday Track (9.00am)	Sunday
w/c 6 th Sept	Rest or easy run 4-6m	The Hadron Collider! (Getting Ever Faster) TRACK: 5 x 1km compound (400m / 300m / 200m / 100m) 2min recovery between sets	Steady run 5-8m	Kenyan Hills CRICKET PITCH / WHITCHURCH 6 x 4min (2min recovery between sets)	Rest or easy run 4-6m	Sprint / Speed Session 16 x 200m (45 sec recovery between each) <i>(Alternative session at Kew Gardens – good luck RD)</i>	Marathon Training Session – Long Run (Tarka Trail) Meet at Meeth 9.00am (car park at start of cycle path),
w/c 13 th Sept	Rest or easy run 4-6m	Two is better than one 10km time trial with a difference Working in pairs – one runs 400m, the other rests, then hands baton over. Each runner doing around 12-13 laps. (if you don't like the recovery, blame your partner! But at least get to own half a PB at the end)	Steady run 5-8m	'What goes up, must come down' CRICKET PITCH / WHITCHURCH Down Hill Sprint (practicing technique) 10 sec x 5 30 sec x 5 10 sec x 5 (Steady run up after each sprint)	Rest or easy run 4-6m	Tavy 5km Start at 9.15am down at track (registration from 8.45am)	Long run (unless you are getting close to marathon day, in which case you should be tapering!)
w/c 20 th Sept	Rest or easy run 4-6m	The Wall* 200m (30 sec recovery) 400m (30 sec recovery) 600m (4 sets – 3min between sets) <i>*Found this one in Tracey's training notes and loved the name!</i>	Steady run 5-8m	Hare and Tortoise (Meadowlands Park) Meet either at College by track and jog across, or in park. 6 x 1km loops in pairs running in opposite direction, one fast, one slow, at point you cross-over, you switch speeds.	Rest or easy run 4-6m	Meavy Club Team Relays – a bit of fun to see how low a bar we can set for 4 x400m and 4 x100m (can we be competent by Paris 2024)	Cross country run (out to West Down, Double Waters) Meet at Track 9.00am <i>(I know - but league starts the following month!)</i>
w/c 27 th Sept	Rest or easy run 4-6m	Descending Pyramid 1600m (2 min recover) 1200m (2 min recover) 800m (1 min recover) 400m (1 min recover) 200m	Steady run 5-8m	The Eiger (Col de Westmoor Park) Meet at College by track, then warm up run together to start point! 8 x hill repeat (run up, walk / jog down) <i>Highest attendance of the year for this one please!</i>	Rest or easy run 4-6m	Oregon Circuits 400m repeats (interspersed with exercises - burpees, squats etc)	London Marathon (including Virtual) <i>Good luck everyone wherever you are running!</i>