



Meavy Group Schedule September 2019

W/C	Tuesday	Wednesday	Thursday	Saturday
16 Sep 2019	Hill Session 6 X Down 4 x Up Moor	Circuits 6pm	Catch the cone 300m - 400m	TAVY 5k
23 Sep 2019	Progression 10min Warm up 15min Easy 15min Threshold 2min Hard 10min Cool down Stick Run Run 1min then repeat 1min get faster than 1st stick 2min/ 2min Faster 3min/ 3min Faster 4min/ 3min Faster	Circuits 6pm	Speed Session 200m - Fast/ 200m - Slow 400m - Fast/ 400m - Slow 800m - Fast/ 800m - Slow 1200m - Fast/ 1200m - Slow (3min Rest between sets)	Fartlek Ascending/ Descending Run 60sec Fast/ 60sec Slow Build to 5min Efforts
30 Sep 2019	Stick Run Run 1min then repeat 1min get faster than 1st stick 2min/ 2min Faster 3min/ 3min Faster 4min/ 3min Faster	Circuits 6pm	Descending Pyramid 1600m 1200m 800m 400m 200m	Oregon Circuits