

Meavy Group - February 2022

February	Mon	Tues (6.30pm)	Weds	Thurs (6.30pm)	Fri	Sat (9.00am)	Sun
w/c 31st Jan		TRACK: Yasso 800s 6 x (800m + 400m jog recovery) Continuous	STEADY RUN 5-8miles	MEADOWS: 2km repeats 4 x 2km 2min recovery	EASY RUN OR REST 4-6miles	TRACK: Speed Session: 4 x (4 x 200m) 30 sec after each 4min recovery between sets	LONG RUN: Granite way, Lydford to Okehampton (11-16m), shorter option - turn back at Meldon. Meet Lydford start cycle path 9am
w/c 7th Feb	EASY RUN OR REST 4-6miles	KENYAN HILLS 4 x 10mins (Deer Park) (3min recovery)	STEADY RUN 5-8miles	TRACK: 8 x 200m (1min rec) (Option: 10k at HM / Marathon pace for those in training, not doing XC)	EASY RUN OR REST 4-6miles	TRACK: 12½ laps (Jog bends / run fast on straights) Or rest if doing XC on Sunday	WESTWARD LEAGUE XC Redruth
w/c 14th Feb	EASY RUN OR REST 4-6miles	TRACK: Mixed Intervals 400m / 800m / 1200m / 1600m / 1200m / 800m / 400m (2min recovery)	STEADY RUN 5-8miles	TRACK: Intervals 12 x 400ms 1 min recovery	EASY RUN OR REST 4-6miles	TRACK: Tavy 5km Registration from 8.45am Race start 9.15am	LONG RUN: 3-5 Laps around Burrator Reservoir (10-17m) (Meet Car Park by Burrator Dam 9am)
w/c 21st Feb	EASY RUN OR REST 4-6miles	MEADOWS: 1km Repeats 8 x 1km (2min recovery) Option: To extend number of repeats for those not doing XC at weekend	STEADY RUN 5-8miles	TRACK: Intervals 6 x 400m (2min recovery) (Option: 10K at HM / Marathon pace for those in training, and not doing XC)	EASY RUN OR REST 4-6miles	FARTLEK RUN (from College to Gem Bridge and back) Speed variation: 5x 1min; 5 x 45s; 5 x 30s 5 x 15s (Or rest if doing XC on Sunday)	WESTWARD LEAGUE XC Stover
w/c 28th Feb	EASY RUN OR REST 4-6miles	TRACK: Compounds 4 x (400/800/400m) Run first & last lap fast, middle 800 steady (3min recovery)	STEADY RUN 5-8miles	KENYAN HILLS 5 x 8mins (Deer Park) 2min recovery	EASY RUN OR REST 4-6miles	TRACK: Chase the cone Start with 300 metres, (add 10 metres more per lap, with decreasing recovery)	LONG RUN: Yelverton to Plym Valley (11-16m) (Meet 9.00am car park Yelverton near start of cycle path)