

Meavy Group - January 2022

January	Mon	Tues (6.30pm)	Weds	Thurs (6.30pm)	Fri	Sat (9.00am)	Sun
w/c 3rd	EASY RUN OR REST 4-6miles	TRACK: 400 Intervals 12 x 400m (2min recovery)	STEADY RUN 5-8miles	TRACK: 8 x 200m (1min rec) Option: a few mile repeats for those not doing XC at weekend!	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 Westward Ho
w/c 10th	EASY RUN OR REST 4-6miles	TRACK: Mixed Intervals 2 x 1200m 2 x 800m 2 x 400m 2min recovery	STEADY RUN 5-8miles	KENYAN HILLS: 5 x 7mins (Deer Park) 2min recovery	EASY RUN OR REST 4-6miles	TRACK: Tavy 5km Registration from 8.45am Race start 9.15am	LONG RUN
w/c 17th	EASY RUN OR REST 4-6miles	TRACK: Run to Whistle (5 x 4min) Increase speed after each minute 3min rest between sets	STEADY RUN 5-8miles	MEADOWS: Mile Repeats 5 x 1mile 2min recovery	EASY RUN OR REST 4-6miles	TRACK: Short Intervals 6 x 150m 6 x 300m 1 x 600m	LONG RUN
w/c 24th	EASY RUN OR REST 4-6miles	TRACK: Fast Finish 3 x (3 x 600m) First 3 sprint last 100m Second 3 sprint last 200 Third 3 sprint last 300 2min rest after each 600	STEADY RUN 5-8miles	KENYAN HILLS 4 x 9mins (Deer Park) 2min recovery	EASY RUN OR REST 4-6miles	TRACK: Chase the Cone Starting with 300m, then adding 10m each time with decreasing recovery	LONG RUN 10-11 miles Meet at College Car Park By Track 8.30am See route details at bottom of table**
w/c 31st	EASY RUN OR REST 4-6miles	TRACK: Yasso 800s 6 x (800m + 400 jog recovery) Continuous running!	STEADY RUN 5-8miles	MEADOWS: 2km Repeats 4 x 2km 2min recovery	EASY RUN OR REST 4-6miles	TRACK: Speed Session 4 x (4 x200m) 30ec / 4min recovery	LONG RUN

** Route: Heading out on cycle path via Gem Bridge, turn down through Horrbridge up hill to Plasterdown, back via Whitchurch, then through park.