



Tavistock A.C

A Club For All

TAVY TRAINING PLAN: January and February 2020. shoughton20@gmail.com

Rest days and 'easy run' days (run at a slow pace for a minimum of 20 mins) are important for recovery between harder sessions. Please bring a TORCH

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday January 6th	Rest or easy run	Easy hills and pick-ups	Armada 3k. 7 pm	50- and 60m efforts on double laps of Redmoor Close	Rest	Graduates run or rest	Long slow run
Monday January 13th	Rest or easy run	Session cancelled	Work on core strength and/or easy run	Town run: 2 x 800m. Multi-storey car-park x 3	Rest	TAVY 5, Graduates run or rest	Long slow run / First Chance 10k, Exeter
Monday January 20th	Rest or easy run	Aspen Close hills: 3 x 6 min. 1' 30" recoveries	Work on core strength and/or easy run	'Stick game' at Milton Crescent :o)	Rest	Graduates run or rest.	Long slow run
Monday January 27th	Rest or easy run	3 out and back efforts in the park, followed by AGM (7.45pm)	Work on core strength and/or easy run	Kenyan Hills at Mohun's Park - 3 x 6 mins	Rest	Graduates run or rest.	Long slow run
Monday February 3rd	Rest or easy run	Town run with efforts	Work on core strength and/or easy run	Track: 3 x [4 x 200m] with 1' and 3' recoveries	Rest	Graduates run or rest.	Long slow run
Monday February 10th	Rest or easy run	12 x 1-min Down Road hills	Armada 3k. 7 pm	Track-back tempo repeats, probably in the park	Rest	TAVY 5, Graduates run or rest	Long slow run
Monday February 17th	Rest or easy run	Madge Lane x 3	Work on core strength and/or easy run	30-20-10, probably on St John's Walk	Rest	Graduates run or rest.	Long slow run
Monday February 24th	Rest or easy run	Riverside half-mile efforts	Work on core strength and/or easy run	Track: 300m efforts with 100m fast walk/slow jog recovery	Rest	Graduates run or rest	Long slow run