

TAVY SCHEDULE JANUARY / FEBRUARY, 2022.

Tuesday and Thursday sessions start at 6.20 from Tavistock College. TORCHES and HIGH VIZ essential.

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday January 3rd	Rest or easy run	Railway, Old Launceston Rd hill reps, Council Office reps	Work on core strength or very easy run	Kenyan Hills @ Deer Park Cresc. 3 x 6 mins	Rest	9.00 Country Lanes run led by Ann - check details (F'book)	Very easy run, or rest
Monday January 10th	Rest or easy run	Catch your peg: 8 x 1'30" efforts in the Park	Armada 3k. 7pm. Central Park Park	Drakes Trail with efforts	Rest	TAVY 5 or rest.	Very easy run, or rest
Monday January 17th	Rest or easy run	2 x [5 Council Offices loops] Static recovery between sets	General strength work and/or easy run	Whitchurch and Middlemoor	Rest	Country Lanes run - check details	Very easy run, or rest
Monday January 24th	Rest or easy run	Fartlek in the Park: Hard/easy as determined by the group	Work on core strength and/or easy run	Two viaducts with efforts	Rest	As above...	Very easy run or rest
Monday January 31st	Rest or easy run	Meet and greet at Redmoor Close	Work on core strength and/or easy run	Track: 5 x 400m with 2 min recoveries	Rest	As above...	Very easy run or rest
Monday February 7th	Rest or easy run	Pyramid in the Park	Armada 3k. 7pm. Central Park	Down Rd, Caseytown X, Whitchurch	Rest	As above...	As above..
Monday February 14th	Rest or easy run	Kenyan Hills @ Mohun's Park: 3 x 6 mins	Work on core strength and/or easy run	Chaucer, Milton and Shelley	Rest	TAVY 5 or rest.	As above...
Monday February 21st	Rest or easy run	Catch your peg as for 10.1.22 decreasing time by 10" on each rep	Work on core strength and/or easy run	Rixhill, Westdown and Drake's Trail	Rest	Country Lanes run - check details	As above...
Monday February 28th	Rest or easy run	Sorting Office hills 3 x 7' with static recovery between sets	Work on core strength and/or easy run	The two viaducts run in reverse, with pickups	Rest	As above...	As above...