

TAVY TRAINING PLAN: January - March 2019 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. January sees the start of Tony's Long Runs - all welcome.

| w/c | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|---|---|---|--|--------|---|--|
| Monday December 31st | New Year's Eve. Rest or easy 4 miles | New Year's Day - No club session | Work on core strength and/or easy run | Andy to lead: TORCH RUN > Trout and Tipple | Rest | Track session or rest | January Jaunt 10k race. |
| Monday January 7th | Rest or easy 4 miles | Penny to lead: TORCH RUN. Down Road reps | Armada 3k. 7 pm. | Paula to lead: Speed in Bishopsmead | Rest | Track session or rest | Long slow run - 7 miles |
| Monday January 14th | Rest or easy 4 miles | Alex to lead: Westmoor Close and Mohun's Pk | Work on core strength and/or easy run | Andy to lead: Pace Pyramid in the Park | Rest | Tavy 5 or rest. | Exeter First Chance 10k or Long slow run - 8 miles |
| Monday January 21st | Rest or easy 4 miles | Paula to lead: Sorting Office and Car Park hills | Work on core strength and/or easy run | Andy to lead: Top of town run with EFFORTS | Rest | Track session, Graduates run or rest. | Long slow run - 9 miles |
| Monday January 28th | Rest or easy 4 miles | Paula to lead a hill session | Work on core strength and/or easy run | Session cancelled. | Rest | Track session, Graduates run or rest. | Exmouth Express 5- mile Road Race |
| Monday February 4th | Rest or easy 4 miles. | Manor Road hills 8, 7, 6 mins | Work on core strength and/or easy run | Park: Speed session 1 x 0.25, 2 x 0.5, 1 x 1 mile. Jog recoveries | Rest | Track session/rest or Exeter Half | Long slow run -10 miles |
| Monday February 11th | Rest or easy 4 miles. | Kenyan Hills at Mohun's Park: 8' 7' 4' | Armada 3k. 7 pm. | Town run with c.10 efforts @ 5k pace or faster | Rest | TAVY 5 , Graduates run or rest. | Long slow run - c.12 miles |
| Monday February 18th | Rest or easy 4 miles. | TORCH RUN: Down Road x 2 | Work on core strength and/or easy run | Catch your cone at Redmoor Close | Rest | Track session, Graduates run or rest | Long slow run |
| Monday February 25th | Rest or easy 4 miles. | Sorting Office hills: 8' 7' 4' | Work on core strength and/or easy run | Divided session: Easy miles for racers, efforts for others | Rest | Track session, Graduates run or rest. | Long slow run or Bideford Half |
| Monday March 4th | Rest or easy 4 miles | TORCH: Recovery run with Chaucer Rd short and easy hills | Work on core strength and/or easy run | Track. New Intervals - 200m effort, 200m jog recovery | Rest | Track session, Graduates run or rest | Long slow run |
| Monday March 11th | Rest or easy 4 miles | Kenyan Hills at Deer Park Crescent: 8' 7' 4' | Armada 3k. 7pm | 2' efforts, Redmoor Close | Rest | Tavy 5 , Graduates run or rest | Long slow run |
| Monday March 18th | Rest or easy 4 miles | New Intervals in the park: 5 x 800m @ <5k pace, with 2' jog recovery | Work on core strength and/or easy run | Fartlek: c.10 x 1 min pickups and a hill (or two) | Rest | Track session, Graduates run or rest | TAVY 13. |
| Monday March 25th | Rest or easy 4 miles | TORCH (just in case) run up Rix Hill in short efforts | Work on core strength and/or easy run | TORCH run onto Whitchurch Down, if dry | Rest | Track session, Graduates run or rest | Long slow run. [BST begins] |