



TAVY GROUP TRAINING PLAN

July - September 2019.

Tuesday and Thursday sessions all start from the Sports Centre, Tavistock College, 6.20pm - approx 7.40pm

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday July 1st	Rest or easy 4 miles	Hills off Whitchurch Rd, led by Paula	Circuit session for core strength and flexibility, or easy run	Relay route (1.1 miles) led by Tony	Rest	Graduates run, track session or rest	Long slow run
Monday July 8th	Rest or easy 4 miles	Council Office circuits, led by Paula	Armada 5k Saltram Park	Rixhill and Drake's Trail, led by Andy	Rest	GRAND PRIX RACE: MUDDY DUCK 10k	Devon Open at TAC
Monday July 15th	Rest or easy 4 miles	BAZO'S BUS RUN: BURRATOR	Tracey's Circuits or easy run	TAVY RELAYS - NO CLUB SESSION	Rest	TAVY 5 and/or G.P. RACE: MAGNIFICENT 7	Long slow run
Monday July 22nd	Rest or easy 4 miles	Speed session on Whitchurch Down (could be a bit late back)	Tracey's circuit session or easy run	Downhill cadence session on the golf course	Rest	Graduates run, track session or rest	Long slow run
Monday July 29th	Rest or easy 4 miles	2 x 8 min Kenyan hills in Mohun's Park	Circuits, or a few easy miles for recovery and adaptation	Track session - Run the straights, jog the bends	Rest	Graduates run, track session or rest.	Long slow run
Monday August 5th	Rest or easy 4 miles	BAZO'S BUS RUN (Brentor)	Easy miles or a circuit session	10 x 300m in Milton Cresc	Rest	Graduates run, track session or rest	Long slow run
Monday August 12th	Rest or easy 4 miles	Up the Clock in Redmoor Close	GRAND PRIX RACE: SALTRAM 5k	Hills on Whitchurch Down (if dry) - 12 x 1 min.	Rest	TAVY 5	Long slow run
Monday August 19th	Rest or easy 4 miles.	BAZO'S BUS RUN: RACE the TRAIN	A few easy miles or a core strength session	Track: 10 x [slow 100m, effort 300m. 1 min recovery]	Rest	Graduates run, track session or rest	Long slow run

				recovery]			
Monday August 26th	Rest or easy 4 miles	8 (?) x 400m with walking recovery on Whitchurch Down	Work on core strength and/or easy run	12 x 1 min hills with walk/jog recovery - led by Paula	Rest	GRAND PRIX RACE: MUSKIE MADNESS	GRAND PRIX RACE: TREGGY 7
Monday September 2nd	Rest or easy 4 miles	Railway running: 1-min fast, 1-min slow x 10	Whole body circuit session or easy miles	Kenyan Hills on Whitchurch Down (if dry)	Rest	Graduates run, track session or rest	Long slow run
Monday September 9th	Rest or easy 4 miles	BAZO'S BUS RUN: Horndon and Gibbet Hill	Armada 5k Saltram Park	Track: 8 (10?) x 400m with walking recovery	Rest	Graduates run, track session or rest	Long slow run
Monday September 16th	Rest or easy 4 miles	Run: Council Offices, Old Exeter Rd, 2 viaducts, back	Recover and let your body adapt, or circuits	Parlauf near the Pimple, if dryish	Rest	TAVY 5	Long slow run
Monday September 23rd	Rest or easy 4 miles	Run: Steady miles round the town (or W'church Down) with short efforts	Work on core strength or a few very steady miles	A few very easy miles if racing Barnstaple - faster and further if not	Rest	Rest or a couple of slow miles if racing tomorrow	BARNSTAPLE HALF MARATHON