## TAVY (Group 4) TRAINING PLAN: MARCH and APRIL 2022 shoughton 20@gmail.com

Please bring a TORCH and wear HIGH VIZ until the evenings get lighter.

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday March 7th	Rest or easy run	6 x 1k in the park	Work on core strength or very easy run	Whitchurch P.O. and Caseytown X	9.30 Speed session in Park led by Val - see F'book for details	9.00 Country Lanes run led by Ann - check details on Facebook	Very slow run, or rest
Monday March 14th	Rest or easy run	Deer Park Kenyan hills (anticlockwise) 3 x 7'	Armada 3k, Central Park. 7pm	Rixhill, Westdown, Drake's Trail	As above	TAVY 5	TAVY 13
Monday March 21st	Rest or easy run	Drake's Trail	Work on core strength or easy run	Track	As above	9.00 Country Lanes run led by Ann - check details on Facebook	Very slow run, or rest. British Summer Time begins
Monday March 28th	Rest or easy run	Down Road with some extra hills	Work on core strength or easy run	Millhill	As above	As above	Very slow run, or rest
Monday April 4th	Rest or easy run	Catch your peg as for 10.1.22 decreasing time by 10" on each rep	Work on core strength or easy run	MEET AT CASEYTOWN X for Warren's X, Pew Tor, Langstone	As above	As above	As above
Monday April 11th	Rest or easy run	Fartlek in the park	Armada 5k, Saltram House. 7pm	Two viaducts run	As above	TAVY 5	As above
Monday April 18th	Rest or easy run	MEET AT GOLF CLUB for 4-mile handicap route	Work on core strength or easy run	Track - 800m	As above	Country Lanes run, as above	As above
Monday April 25th	Rest or easy run	Parlauf near the Pimple (weather dependent)	Work on core strength or easy run	Millhill and canal	NO PARK SESSION	As above	As above
Monday May 2nd	Rest or easy run	TBD	VERY easy run or rest	Easy miles around town with a few short efforts	Park session but not if running Bideford	Rest	BIDEFORD 10k