

TAVY TRAINING PLAN: October and November 2019

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You might like to carry a torch each week, but for the sessions marked TORCH you'll definitely need one - not your phone, please

PLEASE WEAR HIGH-VIZ.

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday September 30th	Rest or easy 4 miles	Post-race steady time-turner.	Work on core strength and/or easy run	If dry: Cricket ring speed session TORCH	Rest	Graduates run, track session or rest	8.30 am Group long slow run. 7 miles
Monday October 7th	Rest or easy 4 miles	10 x [1 min Deer Park hills, jog recovery]	Armada 3k, Central Park. GOOSE FAIR	Track session: 10 x [effort on straights, jog bends. 1 min walking rec]	Rest	Graduates run, track session or rest	8.30 am. Group long slow run
Monday October 14th	Rest or easy 4 miles	Paula's session	Work on core strength and/or easy run	Fartlek around the town with efforts TORCH?	Rest	TAVY 5	8.30 am. Group long slow run
Monday October 21st	Rest or easy 4 miles	Andy's session	Work on core strength and/or easy run	Interval session: 2 minute efforts in the park with 1 min walk, 1 min jog rec	Rest	Rest if racing tomorrow	THE TAVY 7 (miles) BST ends
Monday October 28th	Rest or easy 4 miles	2 x 8 min Sorting Office hills with jog recovery	Work on core strength and/or easy run	Fartlek around the town with c.10 short efforts TORCH?	Rest	Rest if racing tomorrow	GRAND PRIX RACE: BIDEFORD 10-MILER
Monday November 4th	Rest or easy 4 miles.	Fartlek session: Rabbit Run in the park	Work on core strength and/or easy run	Track session: 10 x 400m @5k pace with 90 sec walking recovery	Rest	Graduates run, track session or rest	Long slow run
Monday November 11th	Rest or easy 4 miles.	Speed session: Catch your stick at Redmoor Close	GRAND PRIX RACE: ARMADA 3k	2 x 8 min long hills at Milton Crescent	Rest	TAVY 5	GRAND PRIX RACE: Lopwell Loop (7ml)
Monday November 18th	Rest or easy 4 miles.	12 x [1 min Down Road hills, jog recovery]	Work on core strength and/or easy run	Negative split running: Cat and mice in the park	Rest	Graduates run, track session or rest	Long slow run
Monday November 25th	Rest or easy 4 miles.	Kenyan hills at Mohun's Park. 4 x 6 min. 2 mins recovery	Work on core strength and/or easy run	Track: 10 x [100m @10k pace, 300 @3k pace. 90 sec walking rec]	Rest	Graduates run, track session or rest	Long slow run