

Tavy group schedule Aug to end of Oct 2022

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Friday 9.30 am start	Saturday 9 am start
Aug 1st	Mill Hill and canal path	Track session	No Session	Meet at MT Church Hill Bridge 6.5 miles (plus extension for HM)
Aug 8th	Council Office Kenyans	Meet at 5 ways car park – Furzy Lane, Moorshop, Moortown, Warren's X	Fixed point reps	Meet at Yelverton car park. Drakes trail, Clearbrook 6 miles (plus run back to Tavy for HM)
Aug 15th	Whitchurch Down (if dry)	Down Road, Casey Town X, Whitchurch Rd	Trains	Meet at Lydford- Granite way 7miles or 12 miles
Aug 22nd	Park, 500m efforts	Meet at Mary Tavy Church – PT, Batteridge Hill	On/Off	Meet at Burrator quarry car park 2 or 3 x round the reservoir
Aug 29th	Mill Hill	Track , 600s	No Session	10 miler training Tavy 7 route. HM - Granite way 13 miles
Sept 5th	Parlauf on Whitchurch Down (if dry)	Meet at 5 ways car park – Bleak House, Langstone Manor	Double time	Meet at Lydford Granite way 6, 10 or 14 miles
Sept 12th	Park Speed session	Rix Hill, West Down, DT	Roll the dice	Meet at Pitts Cleave. PT, MT, Station Rd, (extension for 10 milers along Drakes Trail to Old Exeter Rd and back)
Sept 19th	Catch your stick speed session	Meet at Grub up Layby – Drakes Trail, Fullamoor lane, Whitchurch	Continuous relay	Barnstaple HM 10 miles for 10 milers
Sept 26th	10 x 1 minute hills	Bishopsmead, Middlemoor, Casey Town X , Down Rd	Fartlek	Meet at MT Church Hill Bridge 6.5 miles (plus extension for 10s)
Oct 3rd	Meet at the council Offices – Old Exeter Rd, Batteridge Hill and Back	Track session	Out and back	10 or 11 miles
Oct 10th	Kenyans at Mohuns	Drakes Trail	Up the clock	9 miles
Oct 17th	Redmoor meet and greet	Wilminstone loop	Down the clock	6 miles for Tavy 7 8 miles for Bideford 10
Oct 24th	1k laps in the park (Tavy 7 runner- easy pace or separate few miles)	Drakes Trail, West Down, Rix Hill (Tavy 7 runners, Tavy 5 route, easy pace or rest)	Get into gear	Tavy 7 Race 5 miles for Bid 10ers
Oct 31st	3-4 easy miles for Bideford 10-milers	Tavy 5 route, easy pace for Bideford 10-milers		Bideford 10 miler

For Tuesday and Thursday sessions, please meet at the College unless otherwise specified.

For Val's Friday sessions, please meet at the café in the Meadows

For Saturday sessions, the focus is on mileage for Barnstaple HM, Tavy 7 and Bideford 10 miler. The routes are also suitable for the usual Saturday morning jaunts, limiting then route to 6 miles.

As usual – Mondays is rest or an easy run, Wednesday you might like to consider working on core strength or an easy run and Sunday a very slow run or rest.