

## Tavy group schedule May to end of July

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Friday 9.30 am start	Saturday 9 am start
9 <sup>th</sup> May	Drakes' Trail	Down Rd/Casey Town X/Whitchrch	Speed session in the park	Lydford (6 miles)
16 <sup>th</sup> May	Quant Park Hills	Daffodil Lane run from the golf club (5.4 miles)	Speed work in St John's Avenue	Tavy 5 (8.45 at the college)
23 <sup>rd</sup> May	Kenyan Hills – on the moor	<b>Meet at Grub up Layby</b> – Drakes Trail/Fullamoor Lane/Whitchurch	<b>Meet at the council Offices</b> – Hill Reps	<b>Meet at Mary Tavy Church</b> - 6.5 miles around Hill Bridge
30 <sup>th</sup> May	Dice Workout	Rix Hill/West Down/ Grenofen/Drakes Trail (5.6 miles)	Tempo Triangles	TBD
6 <sup>th</sup> June	<b>Meet at Pitts Cleave</b> PT/MT/ Station Rd/ Wilminstone (6 miles)	Track Session	<b>Meet at the council Offices</b> – Triple effort run	TBD
13 <sup>th</sup> June	Up the clock	Mill Hill (5.5 miles)	Fartlek	Tavy 5
20 <sup>th</sup> June	TBD Dinner at Church Lane	<b>Meet at 5 ways car park</b> - Tavy 7 Route	Progressive pace laps	TBD
27 <sup>th</sup> June	Fartlek	Mill Hill and canal (5.6 miles)	Out and back run repetitions	TBD
4 <sup>th</sup> July	<b>Meet at 5 Ways car park</b> – Bleak House/Langstone Manor (5.2 miles)	Track Session	30-20-10 on Drakes Trail	TBD
11 <sup>th</sup> July	Kenyan Hills	Drakes Trail/ Grenofen/West Down/Rix Hill (5.6 miles)	Pyramids in the park	Tavy 5
18 <sup>th</sup> July	Pyramids	<b>Meet at the Golf Club (Pimple)</b> Daffodil Lane/ Warrens X (5.4 miles)	One minute easy, one minute hard	TBD
25 <sup>th</sup> July	1 Minute Hills	<b>Meet at Grub Up Layby</b> Anderton Lane/Jordan Lane/ Fullamoor Lane (5.3 miles)	500 meters pairs repetitions	TBD

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 unless otherwise specified.

For Saturday sessions, the routes will be decided closer to the time, as some of them are weather dependent. Notice of route and meeting place will be posted on the f/b page and the messenger group closer to the date.

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.