

The Meavy group schedule

February 2020

| W/C | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|-----------------------|--|---------------------------|---|----------------------------------|---|---|
| 03 Feb | EASY RUN 4-6 miles | ROAD MEADOWS 6 x Mile 2 mins rec | STEADY RUN 5 – 8 miles | TRACK 3 x (700/ 500/300m) 45 secs rec 4 min sets | EASY RUN or rest 4-6 miles | TRACK 4x(4x200m) 30sec} rec 4mins} | LONG RUN |
| 10 Feb | EASY RUN 4-6 miles | TRACK 3 x (4x400m) 45/30/15 secs rec | STEADY RUN 5 – 8 miles | TRACK 8x 200 m 1min rec | EASY RUN or rest 4-6 miles | REST or Easy run off road | WESTWARD LEAGUE XC REDRUTH (HILLS!) |
| 17 Feb | EASY RUN 4-6 miles | ROAD Kenyan Hills 4 x 10mins | STEADY RUN 5 – 8 miles | TRACK 2x 1200m 2 x 800m 4 x 400m 2 min rec | EASY RUN or rest 4-6 miles | TAVY 5 | LONG RUN |
| 24 Feb | EASY RUN 4-6 miles | TRACK 12 x 400m 2 mins rec | STEADY RUN 5 – 8 miles | TRACK 8 x 200m 1 min's rec | EASY RUN or rest 4-6 miles | REST or Easy run off road | Westward league Stover (MUD) |

The Meavy group schedule

March2020

| W/C | Monday | Tuesday | Wednesd ay | Thursday | Friday | Saturday | Sunday |
|-----------|-----------------------|---|------------------------------|---|----------------------------------|---|--------------------------|
| 02 Mar | EASY RUN 4-6 miles | ROAD Kenyan Hills 6 x 7 mins | STEADY RUN 5 – 8 miles | TRACK 16 x 200m 2min rec | EASY RUN or rest 4-6 miles | Track 12 ½ laps jog bends / fast straight | LONG RUN |
| 09 Mar | EASY RUN 4-6 miles | ROAD MEADOWS 4 x 1000m 8x 400m 2 min rec | STEADY RUN 5 – 8 miles | TRACK COMPOUNDS 4 x 800m / 400m 4 mins rec | EASY RUN or rest 4-6 miles | TRACK 6 x 150m 3 x 300m 1 x 600m | LONG RUN or Bath Half |
| 16 Mar | EASY RUN 4-6 miles | ROAD 6 x 800m 2 mins rec | STEADY RUN 5 – 8 miles | TRACK 200/400/600/800/600/ 400/200 1 – 2 min Rec | EASY RUN or rest 4-6 miles | TAVY 5 | LONG RUN |
| 23 Mar | EASY RUN 4-6 miles | ROAD MEADOWS 3 x 1 mile | STEADY RUN 5 – 8 miles | TRACK 400/800/1600/1200/800/ 400m 2 min Rec | EASY RUN or rest 4-6 miles | TRACK 4 x (4x400m) 45/30/15 secs rec | LONG RUN or TAVY 13 |
| 30 Dec | EASY RUN 4-6 miles | Off ROAD (Pimple area weather permitting) 6x4 mins | STEADY RUN 5 – 8 miles | TRACK Chase the cone 10x 300/400M | EASY RUN or rest 4-6 miles | TRACK 6 x 150m 3 x 300m 1 x 600m | LONG RUN |

