

The Meavy Group Schedule

June 2019

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
03 June	EASY RUN 4-6 miles or rest	TRACK 8x 600m 4x 100m 2 min rec	EASY RUN 5-8 miles	TRACK 5x 200m 5x100m 2mins rec	EASY RUN Or rest	OFF ROAD easy run	Devon open Braunton or long run
10 June	EASY RUN 4-6 miles or rest	OFF ROAD 6 x 4 mins	EASY RUN 5-8 miles	TRACK 3 x 100m 6 x 400m 3x 100m 4 min rec	EASY RUN or rest	TAVY 5	SW VETS Exeter Long run
17 June	EASY RUN 4-6 miles or rest	MEADOWS 5 x 1km 2 mins rec	EASY RUN 5-8 miles	TRACK 3x(4x400m) 45/30/15 sec rec 4 mins sets	EASY RUN Or rest	TRACK Pyramid 200m/400m /600m/800m/ 600m/400m/ 200m	LONG RUN
24 June	EASY RUN 4-6 miles or rest	OFF ROAD 6 x 4 mins BMC Exeter	EASY RUN 5-8 miles	TRACK 3x (700m+500m+ 300m) 45 sec rec 8 mins sets	EASY RUN Or rest	TRACK 6 x 150m 3 x300m 1 x600m	LONG RUN

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July2019

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 July	EASY RUN 4-6 miles or rest	TRACK 5 x (300m / 200m/ 100m) 1 min rec 4 min set	EASY RUN 5 – 8 miles	TRACK 2 x (8x 300m) 90 secs rec 3 mins set	EASY RUN or rest	TRACK Compounds 6 x 200m / 400m/200m 4 mins sets	LONG RUN
08 July	EASY RUN 4-6 miles or rest	OFF ROAD 6 x 4 mins	EASY RUN 5 – 8 miles	TRACK 3 x 100m 6 x 400m 3x 100m 4min rec	EASY RUN or rest	OFF ROAD easy run	Devon open Tavistock Or long run
15 July	EASY RUN 4-6 miles or rest	4 x (4 x200m) 30 secs rec 3 mins set	EASY RUN 5 – 8 miles	MEADOW Tavy Relays	EASY RUN or rest	TAVY 5	LONG RUN
22 July	EASY RUN 4-6 miles or rest	MEADOWS 5 x 1km 2 mins rec	EASY RUN 5 – 8 miles	TRACK Pyramid200m/400m/600 m/800m/600m/400m/200 m	EASY RUN or rest	TRACK 6 x 100m 3 x300m 1 x600m	LONG RUN
29 July	EASY RUN 4-6 miles or rest	OFF ROAD 6 x 4 min BMC Exeter	EASY RUN 5 – 8 miles	TRACK 6 x 500m /300m 2min rec	EASY RUN or rest	TRACK 3 x 100m 6 x400m 3 x100m 2 min rec	LONG RUN