

The Meavy group schedule

October 2019

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Sep	REST OR EASY RUN 4-6 miles	TRACK 12x 400m 2 min rec	Steady Run 5-8 miles	TRACK 8 x 200m 2mins rec	EASY RUN Or rest 4-6 miles	OFF ROAD easy run	Westward league Plymouth
07 Oct	EASY RUN 4-6 miles or rest	ROAD Kenyan Hills 6x5 mins	Steady RUN 5-8 miles	TRACK 4x 400m /800m /400m 4 min rec	EASY RUN or rest 4-6 miles	Track 12 ½ laps jog bends / fast straight	LONG RUN
14 Oct	EASY RUN 4-6 miles or rest	MEADOWS 8 x 1000M 3 mins rec	Steady RUN 5-8 miles	TRACK Pyramid 200m/400m/800m/ 1200/800m/400/200m 1- 2 min rec	EASY RUN Or rest 4-6 miles	TAVY 5	LONG RUN OR TAVY 7
21 Oct	EASY RUN 4-6 miles or rest	ROAD Kenyan Hills 4x7 mins	Steady RUN 5-8 miles	TRACK 4 x 100/ 200/400 1 min Rec	EASY RUN Or rest 4-6 miles	TRACK 6 x 600m / 6 x300m 1 min rec	LONG RUN
28 Oct	EASY RUN 4-6 miles or rest	MEADOWS 5x 1-mile 2min rec	Steady RUN 5-8 miles	TRACK 16 x 200M 4 sec rec	EASY RUN Or rest 4-6 miles	TRACK 6 x 800M 2 min rec	LONG RUN or Bideford 10 miles

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November 2019

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04 Nov	EASY RUN 4-6 miles or rest	TRACK 3 x (4 x 400m)) 45/30/15 sec rec 3 min sets	STEADY RUN 5 – 8 miles	TRACK 8x 200m 2 min rec	EASY RUN or rest 4-6 miles	EASY RUN OFF ROAD	Westward league NEWQUAY
11 Nov	EASY RUN 4-6 miles or rest	ROAD Kenyan Hills 6x 6 mins	STEADY RUN 5 – 8 miles	TRACK 2 x 1200m 2 x 800m 4 x 400m 3min rec	EASY RUN or rest 4-6 miles	TAVY 5	LONG RUN
18 Nov	EASY RUN 4-6 miles or rest	MEADOWS 3 x 2-mile 4min rec	STEADY RUN 5 – 8 miles	TRACK 4 x (4 x 200m) 30 sec rec 2 min sets	EASY RUN or rest 4-6 miles	TRACK 6 x 150m 3 x 300m 1 x 600m 2 min rec	LONG RUN
25 Nov	EASY RUN 4-6 miles or rest	TRACK 12 x 400m 2 mins rec	STEADY RUN 5 – 8 miles	TRACK 8 x 200m 2 mins rec	EASY RUN or rest 4-6 miles	Easy run off road	Westward league EXETER

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December 2019

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
02 Dec	EASY RUN 4-6 miles or rest	ROAD Kenyan Hills 4 x 8 mins	STEADY RUN 5 – 8 miles	TRACK 2 x 1200m 2 x 800m 4 x 400m 3min rec	EASY RUN or rest 4-6 miles	TRACK 16 x 200m 45 sec rec	LONG RUN
09 Dec	EASY RUN 4-6 miles or rest	TRACK 12 x 400m 2 mins rec	STEADY RUN 5 – 8 miles	TRACK 8 x 200m 2 mins rec	EASY RUN or rest 4-6 miles	TAVY 5	Westward league WESTWARD HO OPTIONAL – PRE CHRISTMAS-SWIM
16 Dec	EASY RUN 4-6 miles or rest	ROAD Kenyan Hills 3 x 9 mins	STEADY RUN 5 – 8 miles	TRACK 4 x (4 x 200m) 30 sec rec 2 min sets	EASY RUN or rest 4-6 miles	Track 12 ½ laps jog bends / fast straight	LONG RUN
23 DEC	EASY RUN 4-6 miles or rest	EASY RUN Optional session	CHRISTMAS DAY	EASY RUN	EASY RUN or rest 4-6 miles	MEADOWS 8 x 1000m 2min rec	LONG RUN
30 Dec	EASY RUN 4-6 miles or rest	Off ROAD Pimple session	NEW YEARS DAY	EASY RUN	EASY RUN or rest 4-6 miles	TRACK (if Open) 8x 200m 2 min rec	LONG RUN