

The Meavy group schedule

October 2020 (We Hope!)

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 Sep	REST OR EASY RUN	Track 12 x 400 1 min rec	Steady run 5-8 miles	Meadows 6x 1000 / 400 2 min rec	REST OR EASY RUN	Track 16 x 200 4 secs rec	LONG RUN
05 Oct	REST OR EASY RUN	Track compounds 4 x 400/800/ 400 4 min sets	Steady RUN 5-8 miles	Road Kenyan hills 6x5 mins	REST OR EASY RUN	Track 12 ½ laps jog bends fast straights	LONG RUN
12 Oct	REST OR EASY RUN	Track pyramid 200/400/800/ 1200/800/400/ 200 1-2 min rec	Track TAC some events?	Meadows 8 x1000m 3mins rec	REST OR EASY RUN	TAVY 5?	LONG RUN
19 Oct	REST OR EASY RUN	Track 4 x 200 3x 400 2 x 600 1 x 800 1-2 min rec	Steady RUN 5-8 miles	Road Kenyan hills 4 x 7 mins	REST OR EASY RUN	TRACK 6 x 600m 6 x300m 1 min rec	LONG RUN
26 Oct	REST OR EASY RUN	Track 16 x 200 45 secs rec	Steady RUN 5-8 miles	Meadows 5 x 1 mile 3 mins rec	REST OR EASY RUN	Track 6 x 150 3x 300 1 x600	

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02 Nov	REST OR EASY RUN 4-6 miles	Track 3 x (4 x 400) 45/30/15 sec rec 3 min sets	STEADY RUN 5 – 8 miles	Meadows 8 x 200?	EASY RUN or rest 4-6 miles	Easy run off road	WESTWARD LEAGUE XC NEWQUAY?
09 NOV	REST OR EASY RUN 4-6 miles	TRACK 2x 1200m 2 x 800m 4 x 400m 2 min rec	STEADY RUN 5 – 8 miles	Road Kenyan hills 6 x 6 mins	EASY RUN or rest 4-6 miles	Track 6 x 150 3x 300 1 x600	LONG RUN
16 NOV	REST OR EASY RUN 4-6 miles	Track 4 x (4 x 200) 30 sec rec 2 min sets	STEADY RUN 5 – 8 miles	Meadows 3 x 2 mile 4 mins sets	EASY RUN or rest 4-6 miles	TAVY 5	LONG RUN
23 NOV	REST OR EASY RUN 4-6 miles	TRACK 12 x 400m 1 min's rec	STEADY RUN 5 – 8 miles	Road Kenyan hills 4 x 8 mins	EASY RUN or rest 4-6 miles	TRACK 16 x 200m 45 sec's rec	LONG RUN

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