

The Meavy Group Schedule
December 2020 (We Hope!!!)

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Nov	REST OR EASY RUN 4-6 Miles	Track 2 x 1200M 2 x 800M 4 X 400M 2 min rec	Steady run 5-8 miles	Road Kenyan hills 3 x 9 mins	REST OR EASY RUN 4- 6 Miles	Track pyramid 200/400/600/ 800/400/200	LONG RUN
07 Dec	REST OR EASY RUN 4-6 Miles	Track 12 X 400 M 1 Min Rec	Steady RUN 5-8 miles	Track 2X2X800M 1 Min Rec	REST OR EASY RUN 4-6 Miles	Track 16 X 200M 45 Sec Rec	Exeter racecourse 10KM?
14 Dec	REST OR EASY RUN 4-6 Miles	Track 4X(4X200) 30 secs Rec 3 Min Sets	Steady RUN 5-8 miles	Road Kenyan hills 5 x 8 mins	REST OR EASY RUN 4-6 Miles	TRACK 6 x 600m 6 x300m 1 min rec	LONG RUN
21 Dec	REST OR EASY RUN 4-6 Miles	Track 3X(4X400) 45/30 /15secs Rec 3 Min Sets	Steady RUN 5-8 miles	Easy Run build up appetite	Christmas Day	EASY RUN Or Sleep off effects	LONG RUN
28 Dec	REST OR EASY RUN 4-6 Miles	Track 8 X 800M 2 min Rec	Steady RUN 5-8 miles	Off Road Pimple Run 1000	REST OR EASY RUN Or Sleep in	Track pyramid 200/400/600/	LONG RUN

The Meavy Group Schedule
December 2020 (We Hope!!!)

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday