

The Meavy Group Schedule
April 2021 (we hope again)

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 Mar	EASY RUN 4-6 Miles Or rest	Track 12X400M 1 min rec (a tester back on the track)	Steady run 5-8 miles	OFF ROAD 6X4 Mins	REST OR EASY RUN	TRACK 6 X 600m 6 X 300m	LONG RUN
05 Apr	EASY RUN 4-6 Miles	Track 2 X 1200 m 2 X 800m 4 X 400m 2 mins rec	Steady RUN 5-8 miles	Meadows 5 X 1000 M 2 min rec	REST OR EASY RUN 4-6 Miles	Track 3 X 100 M 6 X 400M 3 X 100 M 3 min rec	LONG RUN
12 Apr	EASY RUN 4-6 Miles	Track 4 X (4 X 400 M) 45/30/15/sec rec 4 min sets	Steady RUN 5-8 miles	OFF ROAD 6 X 4 Mins	REST OR EASY RUN 4-6 Miles	TRACK OR TAVY 5?	LONG RUN
19 Apr	EASY RUN 4-6 Miles	Track 4 X (4 X 200 M) 30 sec rec 3 min sets	Steady RUN 5-8 miles	Track 8 X 200M 1 Min rec	REST OR EASY RUN 4-6 Miles	OFF ROAD EASY RUN	TRACK Devon Open series Braunton Or LONG RUN
26 Apr	EASY RUN 4-6 Miles	Track 2 X (2 X 800 M) 1 Min rec 3 min sets	Steady RUN 5-8 miles	OFF ROAD 6 X 4 Mins	REST OR EASY RUN 4-6 Miles	Track 6 X 150 M 3 X 600M 1 X 600 M	LONG RUN

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