The Meavy Group Schedule
July 2021

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05 July	EASY RUN 4-6 Miles Or rest	TRACK 5 X (300 / 200 / 100) 1 Min rec 4Mins sets	STEADY RUN 5-8 miles	RING AREA 6 X 4 Mins	REST OR EASY RUN	TRACK 4 X (4 x 200m) 30 secs 3 min sets	LONG RUN
12 July	EASY RUN 4-6 Miles	TRACK 6 X 150 M 3 X 300 M 1 X 600 M	STEADY RUN 5-8 miles	MEADOWS TAVY RELAYS PRE BOOK	REST OR EASY RUN 4-6 Miles	TAVY 5	LONG RUN
19 July	EASY RUN 4-6 Miles	TRACK Compounds 5 x 800M/ 400M 8 min sets	STEADY RUN 5-8 miles	RING AREA 6 X 4 Mins	REST OR EASY RUN 4-6 Miles	TRACK 3 X (4X 400 M) 45/30/15 secs rec 4 Min sets	LONG RUN
26 July	EASY RUN 4-6 Miles	TRACK 6 X (500M / 300 M) 8 mins sets	STEADY RUN 5-8 miles	MEADOWS 4 x 1000 6 x 400 2 min rec	REST OR EASY RUN 4-6 Miles	TRACK 3 X 100M 6 X 400 M 3 X 100 M	LONG RUN