

The Meavy Group Schedule  
June 2021

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 May	EASY RUN 4-6 Miles Or rest	TRACK 8 X 600 M 8 X 100 M 2 min rec	STEADY RUN 5-8 miles	MEADOWS 4 X 1000 M 6 X 400 M 2 min rec	REST OR EASY RUN	TRACK 4 X (4 x 200m) 30 secs 3 min sets	LONG RUN
07 June	EASY RUN 4-6 Miles	TRACK 3 x (800 M + 700 M) 45secs rec 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
14 June	EASY RUN 4-6 Miles	TRACK Compounds 6 x 200M/ 40 M/200 M 4 min sets	STEADY RUN 5-8 miles	MEADOWS 5 X 1000 M 2 mins rec	REST OR EASY RUN 4-6 Miles	TRACK 6 X 150 M 3 X 300 M 1 X 600 M	LONG RUN
21 June	EASY RUN 4-6 Miles	TRACK 2 X (8 X 300 M) 90 secs rec 3 mins sets	STEADY RUN 5-8 miles	Ring Area 6 X 4 Mins	REST OR EASY RUN 4-6 Miles	TRACK 3 X 100M 6 X 400 M 3 X 100 M	LONG RUN
28 June	EASY RUN 4-6 Miles Or rest	TRACK 1200M 800M 4 X400 M 4 X100 M 2 Mins rec	STEADY RUN 5-8 miles	MEADOWS 3 X1 Mile 3 Mins rec	REST OR EASY RUN 4-6 Miles	TRACK Chase the cone 11 X 300M / 400 M	LONG RUN