The Meavy group schedule

 June 2019

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| --- | --- | --- | --- | --- | --- | --- | --- |
| W/C | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 03 June | EASY RUN4-6 miles or rest  | TRACK8x 600m4x 100m2 min rec |  EASY RUN 5-8 miles | TRACK5x 200m5x100m2mins rec | EASY RUNOr rest  | OFF ROAD easy run | Devon open Braunton or long run  |
| 10 June | EASY RUN4-6 miles or rest | OFF ROAD6x 4 mins | EASY RUN5-8 miles | TRACK3 x 100m6 x 400m 3x 100m 4 min rec | EASY RUN or rest | TAVY 5 | SW VETS Exeter Long run |
| 17 June | EASY RUN4-6 miles or rest | MEADOWS5 x 1KM2 mins rec | EASY RUN5-8 miles | TRACK3x(4x400m)45/30/15 sec rec4 mins sets | EASY RUNOr rest | TRACK Pyramid200m/400m/600m/800m/600m/400m/200m | LONG RUN |
| 24 June | EASY RUN4-6 miles or rest | OFF ROAD6x4 minsBMC Exeter | EASY RUN5-8 miles | TRACK3x (700m+500m+ 300m) 45 sec rec 8 mins sets | EASY RUNOr rest | TRACK6 x 150m3 x300m1 x600m | LONG RUN |

 The Meavy group schedule

 July2019

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| --- | --- | --- | --- | --- | --- | --- | --- |
| W/C | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 01 July  | EASY RUN 4-6 miles or rest  | TRACK5 x (300m / 200m/ 100m)1 min rec 4 min set | EASY RUN 5 – 8 miles | TRACK 2 x (8x 300m)90 secs rec 3 mins set | EASY RUN or rest | TRACKCompounds 6 x 200m / 400m/200m4 mins sets | LONG RUN |
| 08 July | EASY RUN 4-6 miles or rest | OFF ROAD6x4 mins | EASY RUN 5 – 8 miles | TRACK3 x 100m6 x 400m 3x 100m 4min rec | EASY RUN or rest | OFF ROAD easy run | Devon open TavistockOr long run |
| 15 July | EASY RUN 4-6 miles or rest | 4 x (4 x200m)30 secs rec 3 mins set | EASY RUN 5 – 8 miles | MEADOWTavy Relays | EASY RUN or rest | TAVY 5 | LONG RUN |
| 22 July | EASY RUN 4-6 miles or rest | MEADOWS5 x 1KM2 mins rec | EASY RUN 5 – 8 miles | TRACK Pyramid200m/400m/600m/800m/600m/400m/200m | EASY RUN or rest | TRACK6 x 100m3 x300m1 x600m | LONG RUN |
| 29 July | EASY RUN4-6 miles or rest | OFF ROAD6x 4 minBMC Exeter | EASY RUN 5 – 8 miles | TRACK6 x 500m /300m2min rec | EASY RUN or rest | TRACK3 x 100m6 x400m3 x100m 2 min rec | LONG RUN |