The Meavy group schedule

June 2019

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| W/C | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 03 June | EASY RUN  4-6 miles or rest | TRACK  8x 600m  4x 100m  2 min rec | EASY RUN  5-8 miles | TRACK  5x 200m  5x100m  2mins rec | EASY RUN  Or rest | OFF ROAD  easy run | Devon open Braunton or long run |
| 10 June | EASY RUN  4-6 miles or rest | OFF ROAD  6x 4 mins | EASY RUN  5-8 miles | TRACK  3 x 100m  6 x 400m  3x 100m  4 min rec | EASY RUN or rest | TAVY 5 | SW VETS Exeter  Long run |
| 17 June | EASY RUN  4-6 miles or rest | MEADOWS  5 x 1KM  2 mins rec | EASY RUN  5-8 miles | TRACK  3x(4x400m)  45/30/15 sec rec  4 mins sets | EASY RUN  Or rest | TRACK  Pyramid  200m/400m  /600m/800m/  600m/400m/  200m | LONG RUN |
| 24 June | EASY RUN  4-6 miles or rest | OFF ROAD  6x4 mins  BMC Exeter | EASY RUN  5-8 miles | TRACK  3x (700m+500m+ 300m) 45 sec rec 8 mins sets | EASY RUN  Or rest | TRACK  6 x 150m  3 x300m  1 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 | TRACK  5 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 | TRACK  Compounds 6 x 200m / 400m/200m  4 mins sets | LONG RUN |
| 08 July | EASY RUN  4-6 miles or rest | OFF ROAD  6x4 mins | EASY RUN  5 – 8 miles | TRACK  3 x 100m  6 x 400m  3x 100m 4min rec | EASY RUN or rest | OFF ROAD  easy run | Devon open Tavistock  Or 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 | MEADOW  Tavy Relays | EASY RUN or rest | TAVY 5 | LONG RUN |
| 22 July | EASY RUN  4-6 miles or rest | MEADOWS  5 x 1KM  2 mins rec | EASY RUN  5 – 8 miles | TRACK  Pyramid200m/400m/600m/800m/600m/400m/200m | EASY RUN or rest | TRACK  6 x 100m  3 x300m  1 x600m | LONG RUN |
| 29 July | EASY RUN  4-6 miles or rest | OFF ROAD  6x 4 min  BMC Exeter | EASY RUN  5 – 8 miles | TRACK  6 x 500m /300m  2min rec | EASY RUN or rest | TRACK  3 x 100m  6 x400m  3 x100m 2 min rec | LONG RUN |