

The Meavy group schedule

January 2019

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Dec	Rest or easy run 4-6 miles	Road Kenyan hills 5x7 mins	Steady 5-8 miles	Track 16x 200m 1min rec	Rest or easy run 4-6 miles	Track 8x 800m 2min rec	Long run SW counties XC Champs
07 Jan	Rest or easy run 4-6 miles	Track 12 x 400m 2 min rec	Steady 5-8 miles	Track 8 x 200m 1 min rec	Rest or easy run 4-6 miles	Rest or easy run off road	Westward league westward Ho! (swim & run)
14 Jan	Rest or easy run 4-6 miles	Road Kenyan hills 3 x 10 mins	Steady 5-8 miles	Track 2x1000 m 8x400m 2x1000m 90 sec rec	Rest or easy run 4-6 miles	Tavy 5 A.K.A 5Kool run	Long Run
21 Jan	Rest or easy run 4-6 miles	Road Meadows 8x1000m	Steady 5-8 miles	Track 4x (4x200m) 30 sec4 min rec	Rest or easy run 4-6 miles	Track 12 ½ laps jog bends fast straights	Long Run Run SW counties XC vets sidford
28 Jan	Rest or easy run 4-6 miles	Road Kenyan hills4x9 mins	Steady 5-8 miles	Track Pyramid 200/ 400/ 600/ 800/600/400/200	Rest or easy run 4-6 miles	Track 6x 150m 3 x 300m 1 x 600m	Long Run

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February 2019

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04 Feb	Rest or easy run 4-6 miles	Track 12 x 400m 2 min rec	Steady 5-8 miles	Track 8x 200m 1 min rec	Rest or easy run 4-6 miles	Easy run off road or rest	Westward league stover (mud!)
11 Feb	Rest or easy run 4-6 miles	ROAD Kenyan Hills 4 x 10 mins	Steady 5-8 miles	Track 2 x 1200m 2 x 800m 4 x 400m 2 min rec	Rest or easy run 4-6 miles	Track 4x (4x200m) 30 sec 4 min rec	Long Run
18 Feb	Rest or easy run 4-6 miles	Road Meadows 6 x 1 mile 2 min rec	Steady 5-8 miles	Track 3 x (4 x 200m) 60 / 45/ 30 sec rec	Rest or easy run 4-6 miles	Tavy 5 A.K.A 5Kool run	Long Run
25 Feb	Rest or easy run 4-6 miles	Track 12x 400m 2min rec	Steady 5-8 miles	Track 8 x 200m 1 min rec	Rest or easy run 4-6 miles	Easy run off road	Westward league Redruth

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March 2019

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04 Mar	Rest or easy run 4-6 miles	ROAD Kenyan Hills 6 x 7 mins	Steady 5-8 miles	Track Pyramid 400/800/1200/ 1600/1200/800 /400 2 min rec	Rest or easy run 4-6 miles	Track 12 ½ laps jog bends fast straights British masters xcchamps Belfast	Long Run
11 Mar	Rest or easy run 4-6 miles	Meadows 8 x1000m 2 mins rec	Steady 5-8 miles	Track 6 x 150m, 3 x 300m 1 x 600m	Rest or easy run 4-6 miles	Track compounds 4 x 800 / 400m 4 mins rec	Long Run Bath half
18 Mar	Rest or easy run 4-6 miles	ROAD Meadows 4x1000m 8 x 400m 2 mins rec	Steady 5-8 miles	Track Pyramid 200/ 400/ 600/ 800/600/400/2 00 1 min rec	Rest or easy run 4-6 miles	Tavy 5 A.K.A 5Kool run	Tavy half
25 Mar	Rest or easy run 4-6 miles	Road Meadows 3 x 1 mile	Steady 5-8 miles	Track 6 x 800m 2 mins rec	Rest or easy run 4-6 miles	Track Track 4x (4x200m) 30 sec4 min rec	Long Run