## The Meavy group schedule

#### January 2019

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

#### The Meavy group schedule

# February 2019

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04	Rest or easy run 4-6	Track 12 x	Steady 5-8	Track 8x	Rest or easy	Easy run off	Westward
Feb	miles	400m 2 min	miles	200m 1 min	run 4-6 miles	road or rest	league stover
		rec		rec			(mud!)
11	Rest or easy run 4-6	ROAD	Steady 5-8	Track 2 x	Rest or easy	Track 4x	Long Run
Feb	miles	Kenyan Hills	miles	1200m 2 x	run 4-6 miles	(4x200m)	
		4 x 10 mins		800m 4 x		30 sec4 min	
				400m		rec	
				2 min rec			
18	Rest or easy run 4-6	Road	Steady 5-8	Track 3 x (4 x	Rest or easy	Tavy 5 A.K.A	Long Run
Feb	miles	Meadows 6 x	miles	200m)	run 4-6 miles	5Kool run	
		1 mile 2 min		60 / 45/ 30			
		rec		sec rec			
25	Rest or easy run 4-6	Track	Steady 5-8	Track	Rest or easy	Easy run off	Westward
Feb	miles	12x 400m	miles	8 x 200m	run 4-6 miles	road	league
		2min rec		1 min rec			Redruth

## The Meavy group schedule

# 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