

TAVISTOCK A.C

An Athletics Club for All

MEAVY GROUP SCHEDULE

April-May 2019

W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01-Apr	EASY RUN 4-6 miles	OFF ROAD 8 x 4 minutes 2 minutes recovery	EASY RUN 5-8 miles	TRACK Pyramid 100/200/300/400/300/200/100 1 minute recovery 4 minutes between sets	REST or EASY RUN 4-6 miles	TRACK 3 x 100 metres 6 x 400 metres 3 x 100 metres 4 minutes recovery	TRACK Spring warm-up Plymouth/ LONG RUN
08-Apr	EASY RUN 4-6 miles	TRACK 2 x 1200 metres 2 x 800 metres 4 x 400 metres 2 minutes recovery	EASY RUN 5-8 miles	TRACK 6 x 150 metres 3 x 300 metres 1 x 600 metres	REST or EASY RUN 4-6 miles	TRACK Compounds 4 x 200/400/200 4 minutes recovery	LONG RUN
15-Apr	EASY RUN 4-6 miles	OFF ROAD 8 x 4 minutes 2 minutes recovery	EASY RUN 5-8 miles	TRACK 4 x (4 x 400 metres) 45/30/15 seconds recovery 4 minutes between sets	REST or EASY RUN 4-6 miles	Tavy 5k	LONG RUN
22-Apr	EASY RUN 4-6 miles	TRACK 1200 metres 800 metres 2 x 400 metres 6 x 100 metres 2 minutes recovery BMC Exeter	EASY RUN 5-8 miles	TRACK 8 x 200 metres 1 minute recovery	REST or EASY RUN 4-6 miles	OFF ROAD Easy Run	DEVON OPEN Plymouth/ LONG RUN
29-Apr	EASY RUN 4-6 miles	MEADOWS 3 x 1 mile 3 minutes recovery	EASY RUN 5-8 miles	TRACK 6 x 500/300 metres 2 minutes recovery	REST or EASY RUN 4-6 miles	TRACK 4 x (4 x 200 metres) 30 seconds recovery 4 minutes between sets	LONG RUN

MEAVY GROUP SCHEDULE

April-May 2019

W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06-May	EASY RUN 4-6 miles	OFF ROAD 8 x 4 minutes 2 minutes recovery	EASY RUN 5-8 miles	TRACK 8 x 200 metres 1 minute recovery	REST or EASY RUN 4-6 miles	OFF ROAD Easy Run	TRACK County T&F Champs/ LONG RUN
13-May	EASY RUN 4-6 miles	MEADOWS 5 x 1 kilometre 2 minutes recovery	EASY RUN 5-8 miles	TRACK 3 x 100 metres 6 x 600 metres 3 x 100 metres 3 minutes recovery	REST or EASY RUN 4-6 miles	Tavy 5k	LONG RUN
20-May	EASY RUN 4-6 miles	TRACK Pyramid 200/400/600/800/600/400/200m 1-2 minutes recovery	EASY RUN 5-8 miles	TRACK 6 x 400 metres 6 x 100 metres 3 minute recovery	REST or EASY RUN 4-6 miles	TRACK Compounds 4 x 800/400 4 minutes between sets	LONG RUN
27-May	EASY RUN 4-6 miles	OFF ROAD 8 x 4 minutes 2 minutes recovery BMC Exeter	EASY RUN 5-8 miles	TRACK 6 x 150 metres 3 x 300 metres 1 x 600 metres	REST or EASY RUN 4-6 miles	TRACK 2 x 1200 metres 2 x 800 metres 4 x 400 metres 90 seconds recovery	LONG RUN