

## Meavy Group - August 2022

AUG	Mon	Tues (6.30)	Weds	Thurs (6.30)	Fri	Sat (9.00)	Sun
w/c 1st Aug	EASY RUN OR REST 4-6miles	<b>TRACK: 400s</b> 3 x (4 x 400m)  45s / 30s / 15s (3 min between sets)	STEADY RUN 5-8miles	<b>Hill Sprints</b> -Meet by Tavy Town Hall 5 x 1min (jog down) 5 x 45s (jog down) 5 x 30s (jog down) 1 x 3min (2 min between sets)	EASY RUN OR REST 4-6miles	<b>TRACK:</b>  5km run - run straights fast, jog the bends	<b>LONG RUN:</b>  Cornwall Indian Queens Half Marathon
w/c 8th Aug	EASY RUN OR REST 4-6miles	<b>TRACK: Fast Finish</b> 3 x (3 x 600m)  First set - fast 100m Second - fast 200m Third - fast 300m (2min rec after each)	STEADY RUN 5-8miles	<b>Meadows</b>  5 x 1km  (2 min rec)	EASY RUN OR REST 4-6miles	<b>TRACK:</b>  6 x 150m 3 x 300m 1x 600	<b>TRACK EVENT</b>  Devon Open - Tavistock
w/c 15th Aug	EASY RUN OR REST 4-6miles	<b>TRACK: Relay</b> 10k in pairs - 5km each (alternate 400m laps)	STEADY RUN 5-8miles	<b>WHITCHURCH</b> Kenyan Hills: 6 x 4min 2min recovery	EASY RUN OR REST 4-6miles	<b>TAMAR TRAILS Park Run</b>  Meavy Outing!	<b>LONG RUN:</b>  Tavy 13 Route (9am)
w/c 22th Aug	EASY RUN OR REST 4-6miles	<b>TRACK: Progression Run</b> 5 x (1km + 200 jog) 5-10s quicker after each km (continuous)	STEADY RUN 5-8miles	<b>MEADOWS</b>  3 x 1mile (3 min rec)	EASY RUN OR REST 4-6miles	<b>TRACK:</b>  Chase the cone!	<b>LONG RUN:</b>  Burrator Reservoir Laps (9am)
w/c 29th Aug	EASY RUN OR REST 4-6miles	<b>TRACK Compounds</b> 6 x (400 / 300 / 100) 3 min recovery	STEADY RUN 5-8miles	<b>WHITCHURCH</b> Kenyan Hills: 6 x 4min (2min rec)	EASY RUN OR REST 4-6miles	<b>TRACK Tempo Run</b> 7mins on / 3mins off (x 4 repeats)	<b>LONG RUN:</b>  George P & R Plymouth back to Tavy

