

Tavy group schedule for Jan and Feb 2023

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Friday 9.30am start from the café in the Meadows	Saturday 9 am start	Total weekly mileage for HM
2 nd Jan	Town run with a small sting in the tail	Two viaducts run		Meet at Pitts Cleave – Daffodil Lane 5.5 miles or 8 miles	22
9 th Jan	Track 2x400, 2x800, 2x400	Mill Hill	Meet and Greet	Meet at MT Church Hill Bridge 6.5 miles or 9 miles	22
16 th Jan	Chollacott Lane Hills 12x 1 min	Drakes Trail	Roll the dice	Meet at the Council Offices. Wilminstone, Batteridge Hill, Daffodil Lane or Fullamore Lane 6 miles or 10 miles Or Tavy 5	23
23 rd Jan	Deer Park Kenyans	Rix Hill	Continuous relay	Meet at Lydford Granite way and Dartmoor way 6 miles or 12 miles	25
30 th Jan	Redmoor Laps	Middlemoor, Golf Club	Up and Down the clock	Meet at Burrator dam 1, 2 or 3 times around Burrator 4, 8 or 12 miles (ish)	26
6 th Feb	Track 800s	Meet at the Council Offices Batteridge Hill	Out and back in three directions	Meet at Yelverton Church CP Drakes Trail – 6 miles or 13 miles	27
13 th Feb	Council Office laps 9, 8, 5	Mill Hill	500m pairs relay	Meet at Lydford Granite way 6 miles or 14 miles Or Tavy 5	28
20 th Feb	Park	DT, Westdown	Pyramids in the Park	Meet at Pitts Cleave MT, PT, Station Rd 6 miles	21
27 th Feb	Easy town miles or short park traingles	Down Rd, 5ways, Whitchurch Rd	Rabbit run	Meet at Grub Up Layby Anderton Lane, Whitchurch Hill, Jordan Lane, Fullamore Lane DT Bideford HM Sunday 5th March	Taper
6 th March		Drakes Trail	Speed play fartlek	Meet at MT Church Higher Springs, Kingsett Down, Zoar, MT 5.5 miles	

For Tuesday and Thursday sessions, please meet at the college unless otherwise stated.

Please meet at the café in the park for Val's Friday sessions (9.30am start)

For Saturday sessions, please meet at the specified place for a 9am start

As usual – Mondays is rest or an easy run, Wednesday you might like to consider working on core strength or an easy run and Sunday a very slow run or rest.

Races you might like to consider:

January Jaunt, Saltram 10K– 15th Jan

Bideford half marathon – 5th March

Granite Way 10 or 20 miler 12th March