

Week commencing	Tuesday / Tamar	Thursday / Meavy
20th Nov	Rix Hill/ Westdown (Ian/SP) Approx 6.5 miles	Meadows: Mile repeats 3-5 x (1 mile) 3 min recovery
27th Nov	Kenyan Hills on Mohuns Park 4 x 6 min Approx 6 miles - ST leading	Fartlek Runs towards Peter Tavy and back 1 mile easy, followed by 10 x (1 min fast / 2 min easy) then easy pace before 5 min fast to finish.
4th Dec	Drakes Trail to Horrabridge and return 3 x 10 min Threshold run Approx 6+ miles - SP leading	TBC
11th Dec	Mill Hill Loop in reverse Tempo Run approx 6 + miles ST leading	TBC
18th Dec	Scary Lady Loop returning Plymouth Road to see Christmas lights Social run approx 6 Miles Tempo Run approx 6 + miles Ian leading	TBC