

## Meavy & Tamar Groups: TRAINING PROGRAMME (April 2024)





### Marathon Season!

W/C		TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)	SUN
1 <sup>st</sup> Apr	<b>VO<sub>2</sub></b>	<b>CHAUCER ROAD / MILTON CRESCENT LOOP: Pyramid Session</b>  <b>Overview:</b> 2 x 400m (1min rec) / 800m (2min rec) / 1200m (3min) / 800m (2min) / 400m  4mins between sets	<b>LT</b>	<b>MEADOWS – Kilometre Repeats</b>  <b>Overview:</b> 6 x (1km) with 2mins recovery  Run at lactate threshold (LT) pace (see guide at end of document)	<b>D</b>	No session planned  <b>LOCAL PARK RUN:</b> Central Park, Plymouth	Races:  <b>BRIGHTON MARATHON</b>  <b>POWDERHAM CASTLE 5/10m on Sat 6th</b>
8 <sup>th</sup> Apr	<b>RE</b>	<b>CHAUCER ROAD / MILTON CRESCENT LOOP: 400m Repeats</b>  <b>Overview:</b> 12 x 400m with 2min recovery  Chance to build speed, higher cadence and good running form	<b>VO<sub>2</sub></b>	<b>CRICKET PITCH: Whitchurch</b>  <b>Overview:</b> 6x 4min intervals on Whitchurch Down (just above Cricket Pitch)  Great session for building strength and stamina	<b>D</b>	No session planned  <b>LOCAL PARK RUN:</b> Plym Valley, Plymouth	Races:  <b>MANCHESTER MARATHON</b>  <b>ROTTERDAM MARATHON</b>  <b>Armada 5k Series (1) on Weds 10<sup>th</sup></b>
15 <sup>th</sup> Apr	<b>VO<sub>2</sub></b>	<b>CHAUCER ROAD / MILTON CRESCENT LOOP: Descending Interval</b>  <b>Overview:</b> 1 x 1600m / 1 x 1200m / 1 x 800m / 1 x 400 With 2min / 90s / 1min recoveries respectively  .  <b>RUN: Tavistock Canal / Mill Hill Loop:</b> Footpath and road run (approx. 10k)	<b>LT</b>	<b>MEADOWS: Mile (&amp; A Bit) Repeats</b>  <b>Overview:</b> Up to 4 x 1.1 mile  Following Town Relays route in Meadows  (2mins recovery after each one)	<b>D</b>	No session planned  <b>LOCAL PARK RUN:</b> Tamar Trails	Races:  <b>TCS LONDON MARATHON</b>  <b>RUN EXE 5k Series (1) on Tues 16th</b>

W/C		TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)	SUN
22 <sup>nd</sup> Apr	<b>LT</b>	<b>CHAUCER ROAD / MILTON CRESCENT LOOP: Royal Flush</b>  <b>Overview:</b> 3 x (5 x 400m), accelerating after each lap / loop (3 mins recovery after each set)  Great session to move through the gears, starting below LT, and then moving through and beyond  <b>RUN: Tavy 7 Route</b> Meet at Plaster Down at 6.30pm	<b>VO<sub>2</sub></b>	<b>CRICKET PITCH: Whitchurch</b>  <b>Overview:</b> 6x 4min intervals on Whitchurch Down (just above Cricket Pitch)  Great session for building strength and stamina	<b>RE</b>	<b>10k FARTLEK RUN</b>  <b>Overview:</b> Run from College Car Park to Gem bridge (and back), with 30ss and 1min pick-ups blended alongside easy running	<b>Race:</b>  <b>PLYMOUTH 5k, 10k &amp; Half-Marathon</b>  <b>DEVON OPEN TRACK &amp; FIELD Series (1): Exeter</b>
29 <sup>th</sup> Apr	<b>VO<sub>2</sub></b>	<b>TRACK (Is Back – Fingers crossed!)</b> <b>Overview:</b> 3 x (4 x 400m) with decreasing recovery of 45sec / 30 sec and 15 sec  4mins between sets  <b>RUN: Yelverton &amp; Area</b> Meet Yelverton in Car Park at 6.30pm. (Heading out from Yelverton via Hoo Meavy to Shaugh Prior + back along trail vis Clearbrook (6-7 miles))	<b>RE</b>	<b>HILL REPEATS: Chollacott Lane*</b> <b>Overview: Meet at college and jog out for warm up together</b> 5 x 1-min (with a jog-down recovery) REST 3min 5 x 45-sec (with jog-down recovery) REST 3min. 3 x 30-sec with jog-down recovery REST 3min 1 x 3 mins, accelerating as hard as possible for last 30 secs.	<b>D</b>	<b>TRACK: 3km Time Trial</b>  <b>Overview:</b> 10-15min easy jog warm up – followed by strides and drills  Rest then 3km Time-Trial	<b>Race:</b>  <b>SALTASH HALF-MARATHON</b>  <b>GREAT BIRMINGHAM RUN (10K) – England Masters Race</b>

**\*Along A386 past Kelly College on road out towards Peter Tavy, (the hill that takes you up to Gliders Club and Brent Tor). Start just off main road**

## Symbols:

	<p>Main focus of session is to develop / impact on VO2 max* (the maximum or optimum rate at which the heart, lungs, and muscles can effectively use oxygen during exercise).</p> <p>This involves:</p> <ul style="list-style-type: none"> <li>• Either running intervals of around 3-5mins at 3k to 5k pace followed by a few minutes recovery (for example 6x 3mins with 90sec rest) OR</li> <li>• Even faster, short intervals at mile pace or above with minimal recovery (for example 3x (10 x 30sec with 15sec recovery))</li> <li>• Or a hybrid of the two (for example 1500m compound – 800m with 45sec rest, followed by 700m)</li> </ul>
	<p>Primary focus of session is on improving lactate threshold*, either:</p> <ul style="list-style-type: none"> <li>• Running continuously for 20-30mins (tempo run just below threshold) OR</li> <li>• Longer intervals (like mile repeats) followed by recovery (also includes our Kenyan Hills!) OR</li> <li>• Speed progression runs (like 2km or 5 laps – starting below threshold pace and gradually increasing)</li> </ul> <p>Threshold pace is sometimes described as the pace one could sustain for up to an hour.</p>
	<p>Main focus of run is on improving running economy / efficiency. Drills, strides, and strength &amp; conditioning -all help RE, but in terms of actual running, it can be enhanced by either:</p> <ul style="list-style-type: none"> <li>• Longer runs, or building gradually the frequency and overall time / distance you run each week AND</li> <li>• Running short repeats (typically 100-400m) at a fast pace – which encourages higher cadence and good running form</li> </ul>
	<p>Diagnostic session – enables measurement of progress against fitness or race goal (if run in same way), and can be repeated as a future session to help assess change overtime. Includes our races!</p>

*\*Accurate measurement of VO2 max and Lactate Threshold requires either laboratory test, or sampling of blood – however when determining what pace to run tempo / threshold sessions at, running calculators can give you a reasonable estimate based on recent training / race results (See for example:*

*<https://www.mcmillanrunning.com/>*