

Meavy & Tamar Groups: TRAINING PROGRAMME (March 2024)





Tracked closed for refurbishment

W/C		TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)	SUN 9.00 (if training)
4 th Mar	VO₂	CHAUCER ROAD / MILTON CRESCENT LOOP: Pyramid Session Overview: 400m (1min rec) / 800m (2min rec) / 1200m (3min) / 800m (2min) / 400m (1min) / 800m (2min) / 1200m (end) Running: 400m@3k pace; 800m@5k pace & 1600m@10k pace RUN: Drakes Trail: 6-7miles Meet at college running out towards Gem Bridge and back, option to pick up speed for last part (quarter) of each mile	LT	MEADOWS – Kilometre Repeats Overview: 8-10 x (1km) with 2mins recovery Run at lactate threshold (LT) pace (see guide at end of document)	D	No session planned LOCAL PARK RUN: Central Park, Plymouth	BURRATOR RESERVOIR: Long Run (3-5 laps) RACE: Bideford Half Marathon RACE: Granite Way 10m / 20m
11 th Mar	VO₂	MEADOWS: Salazar 300s Overview: 2 x (8 x 300m / 300m easy jog recovery) / 4min between sets) Chance to build speed, higher cadence and good running form with 300m spurts of fast speed (80-90% effort) followed with 300m jog recovery	LT	DEER PARK; Kenyan Hills Overview: 5 x 7min intervals on a short hilly circuit around Deer Park, practising running hard for short periods of time (with 2min rest after each interval). Great session for building strength and stamina	D	No session planned LOCAL PARK RUN: Plym Valley, Plymouth	RACE: Weymouth Half Marathon RACE: Bath Half Marathon RACE: Falmouth Half Marathon
	RE	RUN: Mill Hill Loop: 6-7miles Steady 10k, followed by fast finish for last 5-10mins of running					

W/C		TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)	SUN 9.00 (if training)
18th Mar	LT	<p>CHAUCER ROAD / MILTON CRESCENT LOOP: Royal Flush</p> <p>Overview: 3 x (5 x 400m), accelerating after each lap / loop. 3 minutes recovery after each set. Great session to move through the gears, starting below LT, and then moving through and beyond.</p> <hr/> <p>RUN: Harford Bridge & Rix Hill 6-7 miles</p> <p>Fartlek run - with occasional bursts of pace for just 15-30sec, taking it in turns to run of the front.</p>	VO₂	<p>MEADOWS: Mixed Intervals</p> <p>Overview: Up to ((6 x (1km) and (10 x 400m)), alternating each lap between running a kilometre and 2 x 400m with a jog recovery in between.</p> <p>2mins recovery after each circuit.</p>	D	<p>No session planned</p> <p>LOCAL PARK RUN: Tamar Trails</p>	<p>RACE: Primary School Challenge, Meadows (all volunteers welcome! Thanks)</p>
25 th Mar	LT	<p>CHAUCER ROAD / MILTON CRESCENT LOOP: 1600m Compounds</p> <p>Overview: 4 x (400m / 800m / 400m) 3 mins recovery after each set</p> <p>Replicate running a race, with fast start, solid middle of the race and final lap push to finish strong on the line.</p> <hr/> <p>RUN: Westdown 6-7 miles</p> <p>With option for a few short hill sprints / accelerations for no more than 10-12secs each</p>	VO₂	<p>CRICKET PITCH, WHITCHURCH: Kenyan Hills (Weather permitting!)</p> <p>Overview: 6 x 4min intervals on a grassy (but hopefully not too muddy!) loop on Whitchurch Down, practising running hard for short periods of time (with 2min rest after each interval).</p> <p>Great session for building strength and stamina</p>	RE	<p>10k FARTLEK RUN</p> <p>Overview: Run from College Car Park to Gem bridge (and back), with 30ss and 1min pick-ups blended alongside easy running</p>	<p>TAVISTOCK TO PLYMOUTH: Long Run</p>

The majority of our sessions and routes are on the track; the local park; or in closed off residential areas with limited through traffic. However, please note for some sessions running around Tavistock & surrounding area, it is advised that you wear visible clothing or bring a head torch.

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"> • 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 • Even faster, short intervals at mile pace or above with minimal recovery (for example 3x (10 x 30sec with 15sec recovery)) • Or a hybrid of the two (for example 1500m compound – 800m with 45sec rest, followed by 700m)
	<p>Primary focus of session is on improving lactate threshold*, either:</p> <ul style="list-style-type: none"> • Running continuously for 20-30mins (tempo run just below threshold) OR • Longer intervals (like mile repeats) followed by recovery (also includes our Kenyan Hills!) OR • Speed progression runs (like 2km or 5 laps – starting below threshold pace and gradually increasing) <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 & conditioning -all help RE, but in terms of actual running, it can be enhanced by either:</p> <ul style="list-style-type: none"> • Longer runs, or building gradually the frequency and overall time / distance you run each week AND • Running short repeats (typically 100-400m) at a fast pace – which encourages higher cadence and good running form
	<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/>)*