

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	VO ₂	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	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	VO ₂	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						

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	CHAUCER ROAD / MILTON CRESCENT LOOP: Royal Flush 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.	VO ₂	MEADOWS: Mixed Intervals 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. 2mins recovery after each circuit.	D	No session planned LOCAL PARK RUN: Tamar Trails	RACE: Primary School Challenge, Meadows (all volunteers welcome! Thanks)
25 th Mar	LT	CHAUCER ROAD / MILTON CRESCENT LOOP: 1600m Compounds Overview: 4 x (400m / 800m / 400m) 3 mins recovery after each set Replicate running a race, with fast start, solid middle of the race and final lap push to finish strong on the line.	VO ₂	CRICKET PITCH, WHITCHURCH: Kenyan Hills (Weather permitting!) 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). Great session for building strength and stamina	RE	10k FARTLEK RUN Overview: Run from College Car Park to Gem bridge (and back), with 30ss and 1min pick-ups blended alongside easy running	TAVISTOCK TO PLYMOUTH: Long Run

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/>