

















Meavy & Tamar Groups: TRAINING PROGRAMME (June 2024)

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
3 rd Jun	TRACK COMPOUNDS 3 x (800m + 700m) 45 sec rest between 800 & 700m 4mins between sets		MEADOWS: Mixed Intervals 4 x 1000m 3 x (2 x 400m) 2mins recovery		TRACK: 200m Repeats 2 x (6 x 200m fast / 200m jog recovery) 4min between sets		Run Exe 5km Series – Exeter (Tuesday) Buckland Bounder Fell Race (Sunday)
10 th Jun	TRACK 400m Repeats (Decreasing Recovery) 4 x (4 x 400m) with 45s / 30s and 15s recovery 3 mins between sets		WHITCHURCH: Kenyan Hills Meet at bench above cricket pitch 4 x 6mins (with 3mins recovery)		RACE: TAVY 5k Registration at track from 8.45am Race starts at 9.15am		Armada Saltram 5k (Weds) South West PB Series 5k (Weds) Tavy 5k (Saturday) Burrator Horseshoe Fell Race (Sunday)
	RUN: Yelverton & Area 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))						
	RUN: Tavy 7 Loop Meet at Plaster Down at 6.30pm						

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
17 th Jun	TRACK COMPOUNDS 6 x (500m + 300m) 30 sec rest between 500m and 300m 2mins between sets		MEADOWS: Progression Run 6 shorts laps (6 x 1km) continuous running, getting slightly quicker after each lap		TRACK: Speed Session 6 x 150m 3 x 300m 1 x 600m Walk recovery in between		Devon County Track Champs Exeter - mile & 10,000m (Weds) Summer Solstice Fell Race (Wednesday)
	RUN: Princetown – Yelverton (8 miles) park and share lifts from Yelverton						
24 th Jun	TRACK: Yasso 800s 6 x (800m fast with 400m jog recovery) Continuous running		WHITCHURCH: Kenyan Hills Meet at bench above cricket pitch 6x 4min intervals on Whitchurch Down (2min recovery)		TRACK: Pyramid 200m / 400m / 600m / 800m / 600m / 400m / 200m (A total of 2 miles of running with 1 min rest after 200 & 400m and 2mins after 600m & 800m)		Erme Valley Relays (Friday) South West Athletics League Exeter (Sunday)
	GEM BRIDGE FARTLEK RUN Meet college at 6.30pm, run out to Gem Bridge with 30 sec pick ups at various points on run		CLUB BUS TRIP / RUN Bus out to Bere Peninsla– run options via Bere Alston, Lopwell and West Down				

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/>