







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

| W/C                     | TUES<br>6.30pm (Meet at college)   |                       | THURS<br>6.30pm (Varied Location)  |                       | SAT<br>9.00am (Track)   |           | Races This Week   |
|-------------------------|--|-----------------------|--|-----------------------|---|-----------|---|
| 2 <sup>nd</sup><br>Sept | <b>TRACK: Royal Flush</b>  | <b>LT</b>             | <b>MEADOWS: Fast-Slow Laps</b>   | <b>VO<sub>2</sub></b> | <b>TRACK: 200m Repeats</b>  | <b>RE</b> | Run Exe 5km (Tues)  |
|                         | <p><u>Overview:</u> 3 x (5 x 400m), accelerating after each lap of the track (getting quicker every 400m)<br/>(4 minutes recovery after each set)</p> <p>Great session to move through the gears, starting below LT, and then moving through and beyond.</p> |                       | <p><u>Overview:</u> Run 6-7 x 1km loops with partner running in the opposite direction – one clockwise, one anti-clockwise. One starts fast, the other slow, and then when you cross-over during the loop – you switch who runs fast and slow (continuous running)</p> |                       | <p>4 x (4 x 200m with 30sec recovery)</p> <p>2min between sets</p>              |           |   |
| 9 <sup>th</sup><br>Sept | <b>RUN: Gem Bridge Run (Out &amp; Back)</b>  | <b>VO<sub>2</sub></b> | <b>TAMAR TRAILS Hilly Run</b>  | <b>LT</b>             | <b>TRACK: Speed Extension</b>   | <b>RE</b> | Yeovilton 5k (Weds)<br>Armada 5k (Weds)<br><br>Chippenham Half – Incl.<br>South West Inter<br>Counties Road Race<br>Champs (Sunday) |
|                         | <p><u>Overview:</u> 7 mile run on Drake's trail, with some short accelerations (hill sprints of 10-12sec) on Gem Bridge - before running back to College</p>   |                       | <p>Westward League prep.<br/>Please wear trail shoes or older (non-carbon) trainers</p> <p>1<sup>st</sup> lap easy / relaxed, run together – Just under 7km</p> <p>2<sup>nd</sup> lap at pace (either 5km or same 7km loop)</p> <p>7-8 miles of running in total</p>   |                       | <p>6 x 150m (50m walk recovery)</p> <p>3 x 300m (100m walk)</p> <p>1 x 600m</p> |           |   |

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| 16 <sup>th</sup><br>Sept | <p><b>TRACK: Descending Intervals!</b><br/>Overview: VO2 max stimulus! A little under 12mins of effort - but high intensity. Whistle to indicate pace change.</p> <p>3mins fast (2min easy jog recovery) / 2min fast (1m20s); 1min fast (45sec); 45sec fast (30s); 30sec fast (20s); 2min fast (1m 20s); 1min fast (45sec); 45sec fast (30s); 30sec fast (20s); 20sec fast (end)</p> | VO <sub>2</sub> | <p><b>WHITCHURCH DOWN, PIMPLE – 1 mile course (4-5 repeat laps)</b></p> <p>Run from College or park at top of Down Road near Golf Club. Meet by Pimple</p> <p>Cross-country course on the Down (trail shoes or spikes may be appropriate if weather is wet)</p> <p>Westward League practice</p> | LT                    | <p><b>TAVY 5k</b></p> <p>Registration at track from 8.45am</p> <p>Race starts at 9.15am</p>                       | D               | <p>Oldbury 10 Miler – Incl. Avon / Gloucestershire Road Race Champs (Sunday)</p>   |
| 23 <sup>th</sup><br>Sept | <p><b>TRACK: 10km Relay (In Pairs) OR:</b><br/>Run 400m , handover baton to partner and recover - until 25 laps are completed between you.</p>   | VO <sub>2</sub> | <p><b>KENYAN HILLS: Deer Park</b><br/>5 x 6min / 2min recovery</p> <p>Meet at College, then jog across to Deer Park (or meet there)</p>   | LT                    | <p><b>HILLY PARK RUN:</b><br/>Tamar Trails</p> <p>(if still looking for yet more practice for cross-country!)</p> | RE              | <p>Tavistock Mile (Tues)</p> <p>Night of 3k Races – Exeter Track (Friday)</p> <p>Marazion 10k (Sunday)</p> <p>Taunton 10k (Sunday)</p> |
|                          | <p><b>MEADOWS: Club Mile Time-Trial</b><br/>Record an official mile time for Power of 10 – join wider Club Event with Seniors and Juniors in the Meadows (10-12 runners set off at a time per race, grouped by expected time / ability)<br/>Official time-keeping and course measurement</p>   |                 |   |                       |   |                 |  |

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| 30 <sup>th</sup><br>Sept | <p><b>TRACK: Fast Finish 600s</b><br/>9 x 600m (with 2min recovery after each)</p> <p>First 3 – 100m fast finish<br/>Second 3 – 200m fast finish<br/>Last 3 – 300m fast finish</p> <p>Develop that finishing kick!</p> |  | <p><b>MEADOWS: Mario Karts</b><br/>5 continuous kilometre loops of park, with three speed or acceleration zones (marked out with coloured cones), aim is to keep a steady pace base, but to be able to push up pace around cones.</p> |  | <p><b>Rest / Easy Run</b><br/><br/>(Track available if anyone wants to come down and use for workout – if not racing)</p> | <p><b>Westward League Cross-Country Newnham Park (Sunday)</b></p> <p><b>Cardiff Half Marathon (Sunday)</b></p> |
|                          | <p><b>RUN: Harford Bridge &amp; Rix Hill 6-7 miles</b><br/>Fartlek run - with occasional bursts of pace for just 15-30sec, taking it in turns to run of the front.</p>   |   | <p><i>(Lighter session prior to Westward League or Cardiff Half)</i></p>  |   |   |  |

## Symbols:

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|---|---|
|  | <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/>*