







MEAVY & TAMAR TRAINING PROGRAMME – November 2024

Week of	TUES 6.30pm		THURS 6.30pm		SAT 9.00am		SUN 9.00am
4 th Nov		<p>TRACK: 1500m Compounds 3 x (800m+700m) 45sec 4 min sets</p> <p>Overview: Chance to go out more aggressively on pace for 1500m distance, with small break in the middle. Aim to stay strong and keep your speed for the second part (700m).</p>		<p>KENYAN HILLS: Deer Park 5 x 5min (2min rest)</p> <p>Overview: Loops of a short hilly circuit around Deer Park, practising running hard for short periods of time (5min). Ideal preparation for cross-country</p>		<p>TRACK: 6 x 150m (50m walk / jog) 3 x 300m (100m walk / jog) 1 x 600m (200m walk / jog)</p> <p>Overview: Shorter, sharp intervals to improve leg speed and running form</p>	<p>Long Run (Burrator Reservoir)</p>
		<p>Whitchurch / Drake's Trail Loop Either start run from College or at top of Anderton Lane (parking at adjacent layby nearby on edge of town)</p>					
11 th Nov		<p>TRACK: Fast Finish 600s 9 x 600m (with 2min recovery) First 3 – 100 fast finish Second 3 – 200m fast finish Third 3 – 300m fast finish</p> <p>Overview: This one is all about practising that fast finish, kicking from further out, rather than on last bend / in sight of finish line</p>		<p>MEADOWS: Kilometre repeats 6 to 8 x (1km loops with short hill) 2min recovery</p> <p>Overview: Start just above Café / Hut, run down, turn across bridge, turn left past skate park up short hill and then back over town-bridge and under arch back towards hut</p> <p>(Limit number of repeats if racing at weekend)</p>		<p>RACE: Tavy 5 (Monthly 5k race around college and park, starting and finishing on the track)</p> <p>Overview: Registration from 8.45am, race start 9.15am</p>	<p>Westward League Cross Country Newquay (Cornwall Champs)</p> <p>Long Run (Granite Way) – Lydford to Okehampton</p>
		<p>Burrator Reservoir Run Park at quarry car park nearby and then run around Burrator Reservoir</p>					

Week of	TUES 6.30pm	THURS 6.30pm	SAT 9.00am	SUN 9.00am
18 th Nov	<p>D</p> <p>TRACK: Yasso 800s Main Session: 6-8 x 800m fast (with 400m jog recovery)</p> <p>Overview: Continuous running. A great mix of speed and endurance. Works as a diagnostic session to benchmark fitness over time (keep the 400m slow and easy!)</p> <p>Harford Bridge, Peter Tavy - Fartlek Run Run out from College to Harford Bridge and back, with 10 x 30sec fartlek pick ups mixed into run</p>	<p>RE</p> <p>WESTMOOR PARK: Hill Repeats 6-8 x 90sec / 3min+ jog down for easy recovery</p> <p>Overview: Hill repeats are a great way of building power and strength, and also help develop good habits for running economy.</p>	<p>VO₂</p> <p>TRACK: 3km Time Trial 1 mile easy warm up, drills and strides, then 3km</p> <p>Overview: If you have a target or stretch goal for 5km, a 3km time trial is a great way of assessing current fitness – helping you to understand where you need to focus future training</p>	<p>Long Run: Drake's Trail (to Yelverton and back via Horrabridge & Walkhampton)</p>
25 th Nov	<p>VO₂</p> <p>TRACK: 10k Relay in Pairs 25 x 400m (alternating with partner)</p> <p>Overview: 400m fast following by rest (during the time it takes for your partner to run their lap)</p>	<p>LT</p> <p>MEADOWS: Mile Repeats 5 x (1mile repeat) 3min recovery</p> <p>Overview: Figure of eight loop around Meadows Park, ideal chance to run at threshold pace, using 3min to recover prior to next mile.</p> <p>(Limit number of repeats if racing at weekend)</p>	<p>RE</p> <p>TRACK: Split Miles 4 x 1-mile splits at: (200m fast / 200m easy) (400m fast / 400m easy) (200m fast / 200m easy)</p> <p>Overview: With warm up and warm down a chance to run a total of 5miles with regular pace mixed in</p>	<p>Westward League Cross Country Exeter (Devon Champs)</p>

Symbols:

VO₂

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)

LT

Primary focus of session is on improving lactate threshold

RE

Main focus of run is on improving running economy / efficiency

D

Diagnostic session – enables measurement of progress against fitness or race goal (if run in same way), and will be repeated as a future session to help assess change overtime