

Meavy & Tamar Group: TRAINING PROGRAMME (April 2025)

W/C	TUES	THURS	SAT	SUN
7 th April	<p>Option A: Track Pyramid @6.30: Sustaining Speed</p> <p>Overview: 200m / 400m / 600m / 800m / 600m / 400m / 200m</p> <p>1min rest after 200m and 400m 2min rest after 600m and 800m</p> <p>Work to maintain your speed as the distance increases, then hold the pace as you start to tire on the way back down the pyramid</p>	<p>Whitchurch Down, Pimple: Hill Repeats</p> <p>Overview: 2 x (5 x 45sec) slow jog recovery after each repeat / 5min between sets</p> <p>Hill repeats are great for developing power and strength</p>	<p>Track @9.00am – Speed Session</p> <p>Overview: 4 x (4 x 200m / 30sec recovery) / 3min between sets</p> <p>Focus on developing leg speed and maintaining good form</p>	<p style="text-align: center;">Races:</p> <p style="text-align: center;">Great West Open, Track, Exeter (Sunday)</p> <p style="text-align: center;">Saltram 5k, Plymouth (Tuesday)</p>
	<p>Option B Road Run: Canal Path and Mill Hill Loop</p> <p>Overview: Meet at college car park at 6.30 before heading out, starting flat along canal, then picking up the hills during second half!</p>			
14 th April	<p>Option A: Track @6.30pm 800m Compounds</p> <p>Overview: 6 x (500m / 300m) with 2min recovery</p> <p>Head out at a strong base pace for 500m and then pick up with a strong finish for the last 300m (Simulating races conditions)</p>	<p>Meadows @ 6.30pm Mile Repeats</p> <p>Overview: 4-5 x Mile Repeat (with 3min recovery)</p> <p>Classic tempo session – sustaining a hard, but slightly uncomfortable pace for each mile</p>	<p>Tavy 5 – Monthly 5k</p> <p>Overview: Registration from 8.45am, race starts at 9.15am</p>	<p style="text-align: center;">Races:</p> <p style="text-align: center;">Tavy 5 (Saturday)</p> <p style="text-align: center;">Fast Friday 10k, Exeter (Friday)</p>
	<p>Option B Road Run: Tavy 7 (The Alternative One!)</p> <p>Overview: Starting at 6.30 from Leat Car Park, picking up a slightly modified version of the Tavy 7 route</p>			

W/C	TUES	THURS	SAT	SUN
21 st April	<p>Option A: Track @6.30pm 1500m Splits!</p> <p>Overview: 3 x (1000m / 500m) with 45 sec between and then 8 min between sets</p> <p>Last week 800s, now 1500s, albeit with a short break in the middle before pushing on with the final 500m A lengthy rest / break between sets to allow you to push for a quicker pace.</p> <p>Option B: Exploring the Tamar Trails!</p> <p>Overview: Meet at main Tamar Trails Car Park at 6.30 to explore a wider circuit and loops of Tamar Trails, off-road shoes recommended.</p>	<p>Whitchurch, Cricket Pitch : Kenyan Hills @ 6.30pm</p> <p>Overview: 6 x 4mins - with 2min rest after each interval</p> <p>Loops of short hilly circuit just above Cricket Pitch on Whitchurch, practising running hard for short periods of time (4min). Great session for building strength and stamina</p>	<p>Track: Salazar 300s @ 9.00am</p> <p>Overview: Run 300m fast, with 300m float seven times in succession, building pace, but also simulating the cumulative fatigue from middle distance races</p>	<p>Races:</p> <p>London and Manchester Marathons (Sunday)</p> <p>Devon Open Track, Exeter (Sunday)</p>
28 th April	<p>Option A: Track @6.30pm 5k Training Session / Race Predictor</p> <p>Overview: 12 x (400m @ 5k pace / with 100m jog recovery)</p> <p>A good training session to help tune up for a 5k race, and also to give you an indication of current fitness, take your average time for each 400m to project target 5k race pace time</p> <p>Option B: Peter Tavy / Mary Tavy Run</p> <p>Overview: Meet at college Pitts Cleave at 6.30 then heading out on country lanes and paths around Peter Tavy and Mary Tavy</p>	<p>Meadows @ 6.30pm</p> <p>Overview: 6 x 1km Repeats</p> <p>Lactate threshold session – similar to our mile repeats from earlier in the month, but with pace pushed up slightly higher to LT.</p>	<p>Track: Mixed Speed Intervals @9.00am</p> <p>Overview: 6 x 150m, 3 x 300m and 1 x 600m</p> <p>Building speed and power – progressing through intervals that get gradually longer. Walk / slow jog to recover in between</p>	<p>Races:</p> <p>Saltash Marathon & 5k (Sunday)</p>