

Meavy & Tamar Group: TRAINING PROGRAMME (May 2025)

W/C	TUES	THURS	SAT	SUN
5 th May	Option A: Fast Finish 600m @6.30: Overview: 9 x 600m (with 2min recovery) First 3 picking up pace with 100m to go; second 3 with 200m to go and last 3 with 300m to go Develop your finishing speed, practicing your final acceleration from increasingly further out.	Whitchurch, Cricket Pitch : Kenyan Hills @ 6.30pm Overview: 6 x 4mins - with 2min rest after each interval 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	Track @9.00am – Split Miles Overview: 3 x (200m fast / 200m easy / 400m fast / 400m easy / 200m fast / 200m easy) Focus on developing leg speed and maintaining good form	Races: Run Exe 5k (Tuesday) Plymouth Half and 10k (Sunday) Bideford 10k (Sunday) Cornwall Champs, Track & Field (Sat) Devon Champs: Track & Field (Sunday)
	Option B Meadows (with Timed Mile) Overview: Meet at college car park at 6.30 running 2-3 miles around College & Meadows, before joining Martin & Sheila for a timed mile in the park			
12 th May	Option A: Track @6.30pm Royal Flush Overview: 3 x (5 x 400m) with 3min recovery Five successive laps run gradually quicker after each 400m. A test of both speed and endurance	Meadows @ 6.30pm Kilometre Repeats Overview: 6 x 1km (with 2min recovery) 1km repeats (with 2min rest) in a loop around the park. Great session for exploring your 5k race pace	Tavy 5 – Monthly 5k Overview: Registration from 8.45am, race starts at 9.15am	Races: Armada 5k, Saltram (Wednesday) Ivybridge 10k (Saturday) SW Fell Series – Marilyn's Meldon Madness (Saturday)
	Option B Road Run: Yelverton to Burrator Loop Overview: Meet at Yelverton, and then head out on lanes / paths to Burrator and back			

W/C	TUES	THURS	SAT	SUN
19 th May	Option A: Track @6.30pm 300m repeats Overview: 2 x 5 x (300m with 100m jog / walk recovery) / 5min between sets Building speed and power with shorter, sharp intervals of 300m a time. .	Whitchurch, Cricket Pitch : Kenyan Hills @ 6.30pm Overview: 6 x 4mins - with 2min rest after each interval 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	Track: 3000m Time Trial Overview: 1-2 miles easy jog / warm-up, drills and strides. Rest, then 3000m (7.5 lap time trial) Good distance to test your race spikes, or target a stretch 5k race pace (for 60% of the distance)	Races: South West Fell Series, Langstone (Saturday)
	Option B: Calstock Loop Overview: Meet at Gunnislake Station, then down the hill and around in a loop via Calstock.			
26 th May	Option A: Track @6.30pm Alternations Overview: 6 x (2min fast / 2min float) + 6 x (1min fast / 1min float) 5min between sets A good session for stimulating VO2 max, with continuous running in between faster bursts of speed for a short period of time.	Meadows @ 6.30pm Overview: 3 x 2mile Repeats / 3min recovery Lactate threshold session – similar to our mile repeats from previous month, but this time extended to twice the distance to further build strength and endurance	Track: 200m Intervals @9.00am Overview: 4 x (4 x 200m with 30 sec rest) 3 min between sets Building leg speed and acceleration over a short distance	Races: Armada Grand Prix, Muskies Madness (Saturday)
	Option B: Gem Bridge (Out and Back) with Hill Repeats! Overview: Meet at College Car Park, or Morrisons (by recycling containers) if you want slightly shorter distance. Easy run out to Gem Bridge then 8 x 45sec running up the bridge (slow walk / jog recovery)			