





## Meavy & Tamar Groups: TRAINING PROGRAMME (July 2025)

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)	SAT 9.00am (Track)	SUNDAY		
30 <sup>th</sup> June	<b>TRACK 400m Repeats (Decreasing Recovery)</b> 4 x (4 x 400m) with 45s / 30s and 15s recovery 3 mins between sets	<b>VO<sub>2</sub></b>	<b>MEADOWS: Mile Repeats – Threshold Pace. Relay course practice!</b> 4 x 1.1 mile (relay route) 2mins recovery after each lap	<b>LT</b>	<b>TRACK:</b>  Chase the Cone	<b>RE</b>	<b>LONG RUN:</b> Burrator Reservoir (up to 4 laps) 9.00am
	<b>RUN: Pitts Cleave-Horndon-Peter Tavy</b> Starting at Pitts Cleave at 6.30 just north of Tavistock town off A386						
7 <sup>th</sup> July	<b>Track: 3-2-1 (5km pacing session)</b> 3km @ target 5k pace / 5min rest 2km @ target 5k pace / 5min rest 1km @ target 5k pace / end	<b>VO<sub>2</sub></b>	<b>WESTDOWN (Top of Brook Lane)</b> Meet there or jog out from College. Then Mona Fartlek: 2 x (90sec fast; 90 sec easy) 4 x (60s fast; 60s easy) 4 x (30s fast; 30s easy) 4 x 15s fast; 15s easy)	<b>LT</b>	<b>TRACK: 5k</b> Jog the bends Run the straights	<b>RE</b>	
	<b>RUN: Yelverton to Burrator Loop</b> 6-7 mile run - meet at Yelverton Car Park						
14 <sup>th</sup> July	<b>TRACK INTERVALS</b> (6 x 600m) with 2min rest after each (Lighter session to protect the legs before Tavy Relays)	<b>VO<sub>2</sub></b>	<b>MEADOWS: Tavy Relays</b>  Teams of 4 – each running one lap of just over 1 mile!	<b>LT</b>	<b>Tavy 5 Race</b>  Registration from 8.30am. Race start 9.15am	<b>D</b>	
	<b>RUN: Huckworthy – Eggworthy - Horrabridge</b> Loop incorporating Huckworthy Cross and parts of moorland near Sampford Spinney						

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		SUNDAY
21 <sup>nd</sup> July	<b>TRACK: 10k in pairs (Both Groups)</b>  Each runner does 400m and then recovers whilst partner runs 400m (until 25 laps are completed between you)	VO <sub>2</sub>	<b>WHITCHURCH: Kenyan Hills</b> Meet at bench above cricket pitch  6x 4min intervals on Whitchurch Down (2min recovery)	LT	<b>TRACK: Mile Splits</b> Overview: 3 x 1mile splits at (200m fast / 200 slow / 400m fast / 400m slow / 200m fast / 200m slow)	RE	<b>LONG RUN:</b> 8.30am George P&R, Plymouth - Plym Valley Drake's Trail back to Tavistock (Bus to P&R from Tavy at 8.00am)
28 <sup>th</sup> July	<b>TRACK: Run 5k -Race to Zero Challenge</b> Nominate 5k time in advance. Clock is set on countdown from 30mins – each runner has to wait to start until their predicted finish time comes up – and try to finish as close to zero as possible (all converging together towards the end!)	D	<b>VIADUCT: Meet on Viaduct (overlooking town)</b>  3 x 2km Repeats @ Threshold Pace  Out along Viaduct Walk towards Crease Lane End 1km – then turn around and run back for 2 <sup>nd</sup> km)  3min recovery after each 2km	LT	<b>TRACK: Speed – Mixed Intervals</b>  6 x 150m (50m easy recovery) 3 x 300m (100m easy recovery) 1 x 600m / end	RE	<b>Devon Open Tavistock (Sunday)</b>
	<b>RUN: Princetown to Yelverton</b> Meet at Yelverton Car Park – car share to start and run back (tradition dictates visiting the Chippie afterwards!)				<b>LONG RUN:</b> Castle Inn, Lydford 9.00am (Granite Way – out and back)		

## 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"> <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/>*