





Meavy & Tamar Groups: TRAINING PROGRAMME (June 2025)

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
2 nd Jun	TRACK COMPOUNDS 3 x (800m + 700m) 45 sec rest between 800 & 700m 4mins between sets	VO ₂	MEADOWS: Mixed Intervals 4 x 1000m 3 x (2 x 400m) 2mins recovery	LT	TRACK: 200m Repeats 2 x (6 x 200m fast / 200m jog recovery) 4min between sets	RE	Run Exe 5km Series – Exeter (Tuesday) Swansea Half-Marathon (Sunday) Devon Open – Brickfields (Sunday)
	RUN: Tavistock Canal and Mill Hill Meet College at 6.30pm. Heading out along Canal Path then across to undulating lanes around Mill Hill						
9 th Jun	TRACK 400m Repeats (Decreasing Recovery) 4 x (4 x 400m) with 45s / 30s and 15s recovery 3 mins between sets	VO ₂	WHITCHURCH: Kenyan Hills Meet at bench above cricket pitch 4 x 6mins (with 3mins recovery)	LT	TRACK: Speed Session 6 x 150m 3 x 300m 1 x 600m Walk recovery in between	D	Armada Saltram 5k (Weds) Fast 5000 – Torbay Velopark (Saturday)
	RUN: Tavy 7 Loop Meet at Plaster Down at 6.30pm						

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
16 th Jun	TRACK COMPOUNDS 6 x (500m + 300m) 30 sec rest between 500m and 300m 2mins between sets	VO ₂	MEADOWS: Progression Run 6 shorts laps (6 x 1km) continuous running, getting slightly quicker after each lap	LT	RACE: TAVY 5k Register from 8.45am. Race start from 9.15am	RE	Devon County Track Champs Exeter - mile & 10,000m (Weds) Dartmoor Summer Solstice – SW Fell Race (Wednesday) Burrator Horseshoe – SW Fell Race (Saturday)
	RUN: Tamar Trails Meet at Tamar Trails main car park at 6.30pm for one short loop and one extended loop of the trails!						
23 rd Jun	TRACK: Yasso 800s (All) 6 x (800m fast with 400m jog recovery) Continuous running	D	WHITCHURCH: Kenyan Hills Meet at bench above cricket pitch 6x 4min intervals on Whitchurch Down (2min recovery)	LT	TRACK: Pyramid 200m / 400m / 600m / 800m / 600m / 400m / 200m With 1 min rest after 200 & 400m and 2mins after 600m & 800m)	RE	Erme Valley Relays (Friday) Yeovil Half Marathon (Sunday)

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"> • 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 • Even faster, short intervals at mile pace or above with minimal recovery (for example 3x (10 x 30sec with 15sec recovery)) • Or a hybrid of the two (for example 1500m compound – 800m with 45sec rest, followed by 700m)
	<p>Primary focus of session is on improving lactate threshold*, either:</p> <ul style="list-style-type: none"> • Running continuously for 20-30mins (tempo run just below threshold) OR • Longer intervals (like mile repeats) followed by recovery (also includes our Kenyan Hills!) OR • Speed progression runs (like 2km or 5 laps – starting below threshold pace and gradually increasing) <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 & conditioning -all help RE, but in terms of actual running, it can be enhanced by either:</p> <ul style="list-style-type: none"> • Longer runs, or building gradually the frequency and overall time / distance you run each week AND • Running short repeats (typically 100-400m) at a fast pace – which encourages higher cadence and good running form
	<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/>