





Meavy & Tamar Groups: TRAINING PROGRAMME (August 2025)

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)	SAT 9.00am (Track)	Races This Week		
4 th Aug	TRACK: 400m with Decreasing Recovery <u>Overview:</u> 3 x (4 x 400m) with 45s, 30s and 15s after each. 3 mins rest between sets	VO ₂	WHITCHURCH: Cricket Pitch, Kenyan Hills <u>Overview:</u> 6 x 4mins / 2min rest 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	LT	TRACK: 200m Repeats 4 x (4 x 200m with 30sec recovery) 2min between sets	RE	Run Exe 5k (Tuesday) Ivybridge 3 Tops – SW Fell Race (Weds)
	RUN: Granite Way <u>Overview:</u> running along cycle path, parking in layby at Lydford near start of route						
11 th Aug	TRACK: Yasso 800s (Both Groups) <u>Overview:</u> 6 x 800m on the track with 400m easy jog recovery – continuous running	LT	MEADOWS: KM repeats 5 x 1km with 2min recovery (Option for those who prefer, to run 5km continuously with fartlek - change of speed - through cone sections)	VO ₂	TRACK: Tavy 5 Registration from 8.30. Race start 9.15	D	Yeovilton 5k (Wednesday) Armada 5k, Saltram (Wednesday) Tavy 5k (Saturday)
18 th Aug	TRACK: 9 x 600m with Fast finish <u>Overview:</u> 3 x pick up with 100m to go 3 x pick up with 200m to go 3 x pick up with 300m to go (200m slow walk / jog recovery after each)	VO ₂	WESTMOOR PARK: Hill Repeats <u>Overview:</u> 2 x (6 x 1min running up hill, 2min easy jog down recovery) 3min rest between sets	RE	TRACK: Mixed Intervals 6 x 150m (50m walk) 3 x 300m (100m walk) 1 x 600m (end)	RE	Great Links Tor, Bridestow SW Fell Race (Wednesday)
	RUN: Mary Tavy - Horndon Loop Parking by at Mary Tacy Church						

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)	Races This Week
25 th Aug	TRACK: Speed Progression Exercise (No looking at watch!)	LT	WHITCHURCH: Pimple, Mona Fartlek	VO ₂	CLUB PARK RUN: Central Park	D
	<p><u>Overview:</u> 3 x 8min Running (with 3min recovery between sets)</p> <p>The whistle will blow after each minute, at which point you need to move up a gear, pacing yourself on feel to last the full 8min period.</p>		<p><u>Overview:</u> 10mins of speed in bitesize chunks, with equal periods of recovery 2 x 90s, 4 x 60s, 4 x 30s, 4 x 15s</p>		<p><u>Overview:</u> Head down to Plymouth for park run in Central Park</p> <p>Track available still for those who would like to access for open session</p>	
	RUN: Chip Run – Take 2! Princetown to Burrator					
	<p><u>Overview:</u> Park at Yelverton, travel up together (car-share to Princetown) and then run back to Yelverton to pub for chips</p>					

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/>