











Meavy & Tamar Groups: TRAINING PROGRAMME (September 2025)

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
1 st Sept	TRACK: The 5km Pace Pyramid 800m, 1200m, 1600, 1200, 800m off 60secs R.I @ 5km-10km pace		MEADOWS: Fast-Slow Laps <u>Overview:</u> Run 6 x 1km loops with partner running in the opposite direction – one clockwise, one anti-clockwise. One starts fast, the other slow, and then when you cross-over during the loop – you switch who runs fast and slow (continuous running)		TRACK: 400's <u>Overview:</u> 12 x 400m at 3km pace (Hard) off 90secs R.I		Run Exe 5km (Tues) Armada 5k (Weds) Treggy 7 (Sunday) Bridgwater 10k & HM (Sunday) Track & Field: South West Athletic League SWAL Exeter (Sunday) Big Half London (Sunday)
	RUN: Tavistock Canal & Mill Hill Loop Footpath & road run (approx. 10k) meet at College						
8 th Sept	TRACK: The Lactate builder 2 x 200m Fast. (whole set off 60sec R.I) 6 x 400m @3k pace 2 x 800m @5km pace <u>Overview:</u> Carry leg turn-over of the 200's into 400's, carry intensity from 400's into 800's. A Lactate building session. Great for XC!		KENYAN HILLS: Deer Park 5 x 5min / 2min recovery Meet at College, then jog across to Deer Park (or meet there)		TRACK: Speed Extension 6 x 150m (50m walk recovery) 3 x 300m (100m walk) 1 x 600m		Yeovilton 5k (Weds) Chippenham Half Marathon (Sunday) Truro Half Marathon (Sunday)
	RUN: Exploring the Tamar Trails 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.						

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
15 th Sept	TRACK: All - 10km Relay (In Pairs): <u>Overview:</u> Run 400m , handover baton to partner and recover - until 25 laps are completed between you.	VO ₂	MEADOWS: 4 x 1 mile repeat (3min rest) 1 mile loops following a figure of eight course around Meadows Park	LT	TAVY 5k Registration at track from 8.45am Race start 9.15am	D	Torbay Half Marathon (Sunday) LONG RUN COLLEGE: Marathon (or Half) Cut-Down Session:20/16/12/8/4 min@Goal Pace with 1 mile float in between then fast finish
22 nd Sept	TRACK: Speed endurance 3 x (1 x 1200m HM pace, 30sec's R.I into... 2 x 300m Fast off 90sec's R.I walking to start line again. 2 mins rest between each set.) <u>Overview:</u> A speed endurance session, 1200's should be done at no more than HM pace, so you can hit the 300's hard, and sustain the 300 pace across the set) Great for XC prep!	VO ₂	WHITCHURCH DOWN: 5k-6k Run on Moorland on marked course <u>Overview:</u> (Meet at Pimple 6.30 prompt for start). Practice running off-road for cross-country. Please bring head torches and trail shoes (or cross-country spikes)	LT	TRACK: 200m Repeats <u>Overview:</u> 4 x (4 x 200m with 30sec recovery) 2min between sets	RE	Exeter Track 3k and Mile Races (Friday) Taunton 10k (Sunday) Barnstable Half (Sunday) LONG PROGRESSION RUN: BURRATOR 4-6 x 5k (20-30k) getting quicker after each 5k
	RUN: Gem Bridge Run (Out & Back) Overview: 10k run on Drake's trail, with some short accelerations (hill sprints of 10-12sec) on Gem Bridge - before running back to College						

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
29 th Sept	TRACK: 5k Time-trial <u>Overview:</u> Put this block to the test... Give your target time to the coach, and be set off for a close group finish.	D	Hill Repeats: Deer Park 5 x 40 sec (jog down recover) 5 x 30 sec (jog down recover) 5 x 20 sec (jog down recover) (2min rest after each set) 1 x all the way to top and around for a lap!	LT	Rest / Easy Run (Track available if anyone wants to come down and use for workout – if not racing)		Cardiff Half Marathon (Sunday)
	RUN: Harford Bridge & Batteridge Hill 6-7 miles Fartlek run - with occasional bursts of pace for just 15-30sec, taking it in turns to run of the front.						

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/>