

MEAVY & TAMAR TRAINING PROGRAMME – October 2025

Week of	TUES 6.30pm		THURS 6.30pm		SAT 9.00am		SUN 9.00am
6 th Oct	VO₂	TRACK: Ladder Session 2000m (2min 30sec rest); 1600m (2 min rest); 1200m (90sec rest) and then final 800m Overview: Start with first 2000m at 10k pace, then 1600m at 5k pace, 1200m at 3k pace, and 800m with whatever you have left!)	LT	DEER PARK: Kenyan Hills 4 x 7min (Hilly Loop) with 2min rest Overview: Loops of short hilly circuit around Deer Park, practising running hard for short periods of time.	RE	TRACK: Split Mile Repeats 4 x 1 mile (200m fast / 200 slow 400m fast / 400m slow 200m fast / 200m slow) Overview: Shorter intervals of continuous running, with jog recovery in between.	Races: Westward League XC Newnham Park (Sunday)
	ROAD RUN Hartford Bridge & Viaducts From Tavistock College to Hartford Bridge on main road, then back via viaducts (head torch / high-vis clothing recommended)						
13 th Oct	VO₂	TRACK: Compounds 4 x (400/800/400m) 4mins recovery Overview: 1600m run with a fast start and finish to replicate a race, with challenge of holding a strong pace in the middle	LT	MEADOWS: Kilometre repeats 6-7 x (1km loops with short hill) 2min recovery Overview: Start just above Café / Hut, run down, turn across bridge, turn left past skate park up short hill and then back over town-bridge and under arch back towards hut	D	RACE: Tavy 5 (Monthly 5k race around college and park, starting and finishing on the track) Overview: Registration from 8.45am, race start 9.15am	Races: Eden Half Marathon (Sunday)
	ROAD RUN: Whitchurch & Middlemoor: Head out past supermarkets, up via Whitchurch Inn, Middlemoor and then loop of roads around the Down prior to returning back through park to college (head torch hi-vis clothing please)						

Week of	TUES 6.30pm		THURS 6.30pm		SAT 9.00am		SUN 9.00am
20 th Oct		TRACK: 10km Relay in Pairs Overview: Taking it in turns to run 400m with a partner, resting during their interval. Covering a total of 25 laps together		KILWORTHY PARK: Hill Repeats and Strides Change of location! Meet at College and run across, or park up near Council Offices. Overview: Mixed running form session – with both hill repeats and strides around Kilworthy Park		TRACK: 200m Repeats 4 x (4x200m / 30sec rest) 2min sets Overview: Opportunity to build some leg speed with 2miles worth of 200m repeats, run with short periods of rest in between	Races: Tavy7 Plaster-down (Sunday)
27 th Oct		TRACK: VO2 Max Intervals 3 x (10 x (30sec fast / 15 sec walk / jog) / 3 min rest after each set Overview: Session focused on short fast bursts to impact on VO2 max, with brief walk/slow jog in between (pick up after each whistle blow). Warning: only 15mins of effort in total, but a tough workout		MEADOWS: Mile Repeats 5 x (1mile repeat) 3min recovery Overview: Figure of eight loop around Meadows Park, ideal chance to run at threshold pace, using 3min to recover prior to next mile.		TRACK: 5k (Jog Bends, Run Straights) Overview: Classic track workout, alternating between 100m fast and 100m recovery for 5k in total	Races: Bideford 10 Miler (Sunday)
	ROAD RUN: Mill Hill Run 6miles Approx 6mile / 10k run up and around Mill Hill (head torch / high-vis. clothing please)						

Symbols:

VO₂

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)

LT

Primary focus of session is on improving lactate threshold

RE

Main focus of run is on improving running economy / efficiency

D

Diagnostic session – enables measurement of progress against fitness or race goal (if run in same way), and will be repeated as a future session to help assess change overtime