

MEAVY & TAMAR TRAINING PROGRAMME – November 2025

Week of	TUES 6.30pm		THURS 6.30pm		SAT 9.00am		SUN 9.00am
3 rd Nov	VO ₂	TRACK: 1500m Compounds 3 x (800m+700m) 45sec 4 min sets Overview: Chance to go out more aggressively on pace for 1500m distance, with small break in the middle. Aim to stay strong and keep your speed for the second part (700m).	LT	KENYAN HILLS: Deer Park 5 x 6min (2min rest) Overview: Loops of a short hilly circuit around Deer Park, practising running hard for short periods of time (5min). Ideal preparation for cross-country	RE	TRACK: 6 x 150m (50m walk / jog) 3 x 300m (100m walk / jog) 1 x 600m (200m walk / jog) Overview: Shorter, sharp intervals to improve leg speed and running form	Base Training Long-Run: Tavy 13 Course
		Vigo Bridge Town Laps Meet at College and then head out via to Meadows to a circuit with Vigo Bridge					
10 th Nov	VO ₂	TRACK: Fast Finish 600s 9 x 600m (with 2min recovery) First 3 – 100 fast finish Second 3 – 200m fast finish Third 3 – 300m fast finish Overview: This one is all about practising that fast finish, kicking from further out, rather than on last bend / in sight of finish line	LT	MEADOWS: Kilometre repeats 6 to 8 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 (Limit number of repeats if racing at weekend)	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	Westward League Cross Country Newquay (Cornwall Champs) Base Training Long-Run: Burrator Reservoir
		Burrator Reservoir Run Park at quarry car park nearby and then run around Burrator Reservoir					

Week of	TUES 6.30pm		THURS 6.30pm		SAT 9.00am		SUN 9.00am
17 th Nov		TRACK: Yasso 800s Main Session: 6-8 x 800m fast (with 400m jog recovery) Overview: Continuous running. A great mix of speed and endurance. Works as a diagnostic session to benchmark fitness over time (keep the 400m slow and easy!)		WESTMOOR PARK: Hill Repeats 10 x 45sec / 2min+ jog down for easy recovery (then one full loop to finish) Overview: Hill repeats are a great way of building power and strength, and also help develop good habits for running economy.		TRACK: Critical Power Test Easy warm up and drills, followed by 3mins all out run. 25-30min rest / easy, followed by 12mins at fast tempo Overview: Chance to estimate / calculate your critical power and provide a baseline for future fitness over the coming months	Base Training Long-Run: Tavistock to George P&R via Drake's Trail
		Harford Bridge, Peter Tavy - Fartlek Run Run out from College to Harford Bridge and back, with 10 x 30sec fartlek pick-ups mixed into run					
24 th Nov		TRACK: 10k Relay in Pairs 25 x 400m (alternating with partner) Overview: 400m fast following by rest (during the time it takes for your partner to run their lap)		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. (Limit number of repeats if racing at weekend)		TRACK: Split Miles 4 x 1-mile splits at: (200m fast / 200m easy) (400m fast / 400m easy) (200m fast / 200m easy) Overview: With warm up and warm down a chance to run a total of 5miles with regular pace mixed in	Base Training Long-Run: Granite Way

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