

Meavy & Tamar Group: TRAINING PROGRAMME (March 2026)

W/C	TUES	THURS	SAT	SUN
2nd March	Track Royal Flush @6.30: Sustaining Speed Overview: Three times (5 x 400m) getting faster each lap. 3min standing recovery	Deer Park: Kenyan Hills @6.30 Overview: 4 x 8mins – with 2mins rest after each interval Hill repeats are great for developing power and strength	Track @9.00am – Speed Session Overview: 16 x 200m (45sec) Focus on developing leg speed and good running form	Races: Bideford Half (Sunday) Granite Way 10 and 20 miles (Sunday) Inter-Counties XC Nottingham (Sat)
	Road Run: Canal Path and Mill Hill Loop Overview: Meet at college car park at 6.30 before heading out, starting flat along canal, then picking up the hills during second half!			
9th March	Track @6.30pm Salazar 300s Overview: Two times (6 x 300m Fast / 300m float) Running 300m as fast as possible before recovering during the float	Meadows @ 6.30pm Mile Repeats Overview: 5-6 x Mile Repeat (with 2min recovery) Classic tempo session – sustaining a hard, but slightly uncomfortable pace for each mile	Track @9.00am – Speed Session Overview: Chase the Cone	Races: Falmouth Half Marathon (Sunday) Long Run: Burrator Reservoir
	Gem Bridge – Out and Back Overview: Starting at 6.30 from College Car Park			

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16 th March	<p>Track @6.30pm Compounds</p> <p>Overview: Four times (400m / 800m / 400m) with 3min rest between sets</p> <p>Starting and finishing fast like track race, holding strong in the middle</p> <p>Exploring the Tamar Trails!</p> <p>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.</p>	<p>Deer Park: Kenyan Hills @6.30</p> <p>Overview: 4 x 9mins – with 3mins rest after each interval</p> <p>Hill repeats are great for developing power and strength</p>	<p>Track: Tavy 5k</p> <p>Overview: Registration from 8.45am, race starts 9.15am</p>	<p>Long Run: Tavistock to Plymouth (Drake's Trail)</p>
23 rd March	<p>Track @6.30pm 400m with Decreasing Recovery</p> <p>Overview: Three times (4 x 400m with 45s, 30s and 15s recovery)</p> <p>Our classic 400m repeat session staying fast and fluid in running form as recovery gets shorter</p> <p>Peter Tavy to Baggator Run</p> <p>Overview: Meeting at Peter Tavy Church</p>	<p>Cricket Pitch / Ring, Whitchurch@ 6.30pm</p> <p>Overview: 6 x 4min with 2min recovery</p> <p>The start of lighter / brighter weather! (Hopefully).</p>	<p>Track: Mixed Speed Intervals @9.00am</p> <p>Overview: 6 x 150m, 3 x 300m and 1 x 600m</p> <p>Building speed and power – progressing through intervals that get gradually longer. Walk / slow jog to recover in between</p>	

W/C	TUES	THURS	SAT	SUN
<p>30th March</p>	<p>Track @6.30pm 5k Time-Trial 'Beat the Clock'</p> <p>Overview: Timer will start at countdown from around 30mins, each runner then selects when to start the 5k on the track, predicting their likely finish time – looking to finish as close as possible!</p>	<p>Meadows @ 6.30 Fartlek Running</p> <p>Overview: 6-8 laps of continuous running of 1km loop in Meadows.</p> <p>Each lap containing three marked out speed zones to pick up the pace</p>	<p>Track @9.00am</p> <p>Overview: Four times (200m fast / 200m easy / 400m fast / 400m easy / 200m fast / 200m easy)</p>	<p>Races:</p> <p>Fast Friday 10km Exeter (Good Friday)</p>
	<p>Yelverton to Clearbrook Run</p> <p>Overview: Meeting at Yelverton Church</p>			