





Meavy & Tamar Groups: TRAINING PROGRAMME (May 2024)

W/C		TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)	SUN
29 th Apr	VO₂	<p>MEADOWS: Kilometre Repeats 5-6 x (1km) with 2mins recovery</p> <p>Overview: Run at lactate threshold (LT) pace - see guide at end of document</p>	D	<p>TRACK: 10k Relay (in pairs) Overview: 25 x 400m (alternating with partner running 5k each) 400m fast followed by 400m rest (during time it takes your relay partner to complete their lap). Batons will be provided! Celebrate your final combined 10k time at the end. If you drop the baton during hand-over you gain an extra lap to complete at the end!</p>	RE	<p>TRACK: Speed Session 200m repeats</p> <p>4 x (4 x 200m) 30 sec recovery after each</p> <p>3min between sets</p>	<p>EVENTS:</p> <p>Run Exe 5km (Tues)</p> <p>Saltash Half Marathon (Sun)</p> <p>South West Athletics League Exeter (Sun)</p>
6 th May	RE	<p>TRACK: Fast Finish 600s 9 x 600m (with 2min recovery after each) First 3 – 100m fast finish Second 3 – 200m fast Last 3 – 300m fast</p> <p>Overview: This one is all about practising that fast finish and having the confidence / belief to kick for home from further out, rather than on last bend or last 100m.</p>	LT	<p>MEADOWS: Mile Repeats 3-4 x Mile (with 2mins recovery)</p> <p>Overview: Run at lactate threshold (LT) pace - see guide at end of document</p>	RE	<p>TRACK: Speed – Mixed Intervals</p> <p>6 x150m (50m easy recovery)</p> <p>3 x 300m (100m easy recovery)</p> <p>1 x 600m</p>	<p>EVENTS:</p> <p>Armada 5k - Saltram (Weds)</p> <p>Ivybridge 10k (Sat)</p> <p>Bideford 10k (Sun)</p>
		<p>RUN: Yelverton & Area Meet Yelverton in Car Park at 6.30pm. (Heading out from Yelverton via Hoo Meavy to Shaugh Prior + back along trail vis Clearbrook (6-7 miles))</p>					
		<p>RUN: Grenofen & Rix Hill Start at College, then Down Rd, warren cross, Grenofen mast, Rix hill and back (7.2 miles)</p>					

W/C		TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)	SUN
13 th May	VO ₂	<p>TRACK: Royal Flush</p> <p>Overview: 3 x (5 x 400m), accelerating after each lap (3 mins recovery after each set). Great session to move through the gears, starting below LT, and then moving through and beyond</p> <p>RUN: Pitts Cleave-Horndon-Peter Tavy 6.8 mile run - starting at Pitts Cleave just north of Tavistock town off A386</p>	LT	<p>CRICKET PITCH: Whitchurch</p> <p>Overview: 6x 4min intervals on Whitchurch Down (just above Cricket Pitch)</p> <p>Great session for building strength and stamina</p>	D	<p>RACE: Tavy 5</p> <p>Overview: Monthly 5k race around college and park. Registration from 8.45am (9.15am start)</p>	<p>EVENTS:</p> <p>Bristol 10k Bristol Half Marathon</p>
20 th May	VO ₂	<p>TRACK: Compounds</p> <p>Overview: Run a fast 1200m, with hard last lap 4min recovery between sets</p> <p>RUN: Princetown - Yelverton (8 miles) park and share lifts from Yelverton</p>	LT	<p>MEADOWS: 2 Mile Repeats 3 x 2mile repeats with 3mins recovery</p> <p>Overview: Run at lactate threshold (LT) pace - see guide at end of document</p>	RE	<p>TRACK: Mile Splits</p> <p>Overview: 3 x 1mile splits at</p> <p>(200m fast / 200 slow / 400m fast / 400m slow / 200m fast / 200m slow)</p>	<p>EVENTS:</p> <p>Devon Open Series Track – Brickfields (Sun)</p> <p>Great West Half Marathon (Sun)</p>
27 th May	VO ₂	<p>TRACK: Alternations</p> <p>Overview: 6 x 2mins on / 2mins off 5min recovery 6 x 1min on / 1min off</p> <p>RUN: Tavistock Canal / Mill Hill Loop: Footpath and road run (approx. 10k) – meet at College</p>	LT	<p>CRICKET PITCH: Whitchurch</p> <p>Overview: 6x 4min intervals on Whitchurch Down (just above Cricket Pitch)</p> <p>Great session for building strength and stamina</p>	D	<p>TRACK: 3km Time Trial</p> <p>Overview: 10-15min easy jog warm up – followed by strides and drills</p> <p>Rest then 3km Time-Trial</p>	<p>EVENTS:</p> <p>Burrator 10k (Sat)</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/>