




















Meavy & Tamar Groups: TRAINING PROGRAMME (July 2024)

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
1st July	TRACK 400m Repeats (Decreasing Recovery) 4 x (4 x 400m) with 45s / 30s and 15s recovery 3 mins between sets		MEADOWS: Mile Repeats – Threshold Pace 4 x 1.1 mile (relay route) 2mins recovery after each lap		TRACK: Chase the Cone		Run Exe 5km (Tues) Rising Stars – Track Event Tavistock (Wed) Cosdon: Belstone Fell Run (Sunday) Magnificent Seven Saltash (Sunday) Devon Open (Braunton)
	RUN: Tavistock Canal / Mill Hill Loop: Footpath & road run (approx. 10k)meet at college.						
8th July	TRACK INTERVALS (6 x 600m then 6 x 100m) 2 min recovery after each		WHITCHURCH: Mona Fartlek Meet - bench by cricket pitch 10mins easy warm up on hill loop, then run around cricket pitch 2 x (90sec fast; 90 sec easy) 4 x (60s fast; 60s easy) 4 x (30s fast; 30s easy) 4 x 15s fast; 15s easy)		TRACK: 5k Jog the bends Run the straights		
	RUN: Pitts Cleave-Horndon-Peter Tavy 6.8 mile run - starting at Pitts Cleave just north of Tavistock town off A386						
15th July	Track: 3-2-1 (5km pacing session) 3km @ target 5k pace / 5min rest 2km @ target 5k pace / 5min rest 1km @ target 5k pace / end		MEADOWS: Tavy Relays Teams of 4 – each running one lap of just over 1 mile!		Tavy 5 Race (Please note - later start 10.00am)		Armada 5k (Weds) Tavy Relays (Thurs) Tavy 5 (Sat) Muddy Duck 10k (Sat)
	RUN: Tavy 7 Loop Meet at Plaster Down at 6.30pm						

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
22 nd July	<p>TRACK: 10k in pairs</p> <p>Each runner does 400m and then recovers whilst partner runs 400m (until 25 laps are completed between you)</p>		<p>WHITCHURCH: Kenyan Hills</p> <p>Meet at bench above cricket pitch</p> <p>6x 4min intervals on Whitchurch Down (2min recovery)</p> <p>CLUB BUS TRIP / RUN</p> <p>Meet at college 6.30</p> <p>Exact route / details to be confirmed</p>		<p>TRACK: Mile Splits</p> <p>Overview: 3 x 1mile splits at (200m fast / 200 slow / 400m fast / 400m slow / 200m fast / 200m slow)</p>		
29 th July	<p>TRACK: Run 5k (Race to Zero Challenge)</p> <p>Nominate 5k time in advance.</p> <p>Clock is set on countdown from 30mins – each runner has to wait to start until their predicted finish time comes up – and try to finish as close to zero as possible (all converging together towards the end!)</p>		<p>MEADOWS: 2km Repeats – Threshold Pace</p> <p>4 x 2km / 2min recovery</p>		<p>TRACK: Speed – Mixed Intervals</p> <p>6 x 150m (50m easy recovery)</p> <p>3 x 300m (100m easy recovery)</p> <p>1 x 600m / end</p>		<p>Torbay Velodrome 3k relays (Friday)</p> <p>Devon Open Tavistock (Sunday)</p> <p>Totnes 10k (Sunday)</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/>