

















## Meavy & Tamar Groups: TRAINING PROGRAMME (August 2024)

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)		SAT 9.00am (Track)		Races This Week
5 <sup>th</sup> Aug	<b>TRACK Fast Finish 600m (6.00 start)</b> 9 x 600m (with 2min recovery) First 3 – 100m fast finish Second 3 – 200m fast Last 3 – 300m fast Overview: This one is about practising and having the confidence / belief to kick for home from further out, rather than on last bend or last 100m		<b>KENYAN HILLS Whitchurch</b> Meet at College and run up together or meet by Cricket Pitch  4 x 6mins (with 2mins recovery)		<b>TRACK:</b> 12 (x 45sec fast 1min 45sec easy)  Run 45sec at very high intensity, then regroup and jog recover for 1m45s (repeat x 12)		Run Exe 5km (Tues)
	<b>RUN: Tavistock Canal / Mill Hill Loop:</b> Footpath & road run (approx. 10k) meet at college						
12 <sup>th</sup> Aug	<b>TRACK 400m Repeats (Decreasing Recovery)</b>  4 x (4 x 400m) with 45s / 30s and 15s recovery  3 mins between sets		<b>SPEED PROGRESSION</b> <b>RUN: Meadows</b>  Speed Progression run 6 laps of park (approx. 6km) running slightly faster after each KM)		<b>TAVY 5k</b>  Registration at track from 8.45am  Race starts at 9.15am		Yeovilton 5k (Weds)  Armada 5k (Weds)
	<b>RUN: Drake's Trail Out &amp; Back to Gem Bridge</b> Meet at College run out to Gem Bridge and back (approx. 10k)						

W/C	TUES 6.30pm (Meet at college)		THURS 6.30pm (Varied Location)	SAT 9.00am (Track)		Races This Week	
19 <sup>th</sup> Aug	<b>Track: Compounds</b> 400m @ 3k-5k pace 300m @ Mile pace 100m sprint finish (3min recovery after each 800m)		<b>WHITCHURCH: Cricket Pitch (Mona Fartlek)</b>  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)		<b>TRACK: Speed – Mixed Intervals</b>  6 x150m (50m walk recovery 3 x 300m (100m walk recovery) 1 x 600m / end		
26 <sup>th</sup> Aug	<b>TRACK: Yasso 800s (All)</b> 6 x (800m with 400m easy jog recovery)  Continuous running to build strength and endurance		<b>HILL REPEATS: Westmoor Park</b>  Meet at College, then jog across to Westmoor Park 8 x Hill Repeats (run up one side, slow jog / walk for 3mins to recover)		<b>TRACK: 3km Time Trial</b>  Easy warm up of 1-2miles and strides. Rest, then time trial (7.5 laps)		<b>Treggy 7 – Launceston</b>  <b>Bridgewater 10k &amp; Half Marathon (Sunday)</b>  <b>South West Athletics League (Sunday) – Track &amp; Field Event</b>

## 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"> <li>• 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</li> <li>• Even faster, short intervals at mile pace or above with minimal recovery (for example 3x (10 x 30sec with 15sec recovery))</li> <li>• Or a hybrid of the two (for example 1500m compound – 800m with 45sec rest, followed by 700m)</li> </ul>
	<p>Primary focus of session is on improving lactate threshold*, either:</p> <ul style="list-style-type: none"> <li>• Running continuously for 20-30mins (tempo run just below threshold) OR</li> <li>• Longer intervals (like mile repeats) followed by recovery (also includes our Kenyan Hills!) OR</li> <li>• Speed progression runs (like 2km or 5 laps – starting below threshold pace and gradually increasing)</li> </ul> <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 &amp; conditioning -all help RE, but in terms of actual running, it can be enhanced by either:</p> <ul style="list-style-type: none"> <li>• Longer runs, or building gradually the frequency and overall time / distance you run each week AND</li> <li>• Running short repeats (typically 100-400m) at a fast pace – which encourages higher cadence and good running form</li> </ul>
	<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/>*