













MEAVY & TAMAR TRAINING PROGRAMME – October 2024

Week of	TUES 6.30pm		THURS 6.30pm		SAT 9.00am		SUN 9.00am
7 nd Oct	 VO₂	<p>TRACK: Ladder Session 2000m (2min 30sec rest); 1600m (2 min rest); 1200m (90sec rest) and then final 800m</p> <p>Overview: Start with first 2000m at 10k pace, then 1600m at 5k pace, 1200m at 3k pace, and 800m with whatever you have left!</p>	 RE	<p>DEER PARK: Hill Repeats 2 x (5 x 30sec Hill Sprints / 90s recovery) 2min rest after each set.</p> <p>Overview: Hill sprints are a great way of building strength and power, and also help develop good habits for running economy</p>	 RE	<p>TRACK: Split Mile Repeats 4 x 1 mile (200m fast / 200 slow 400m fast / 400m slow 200m fast / 200m slow)</p> <p>Overview: Shorter intervals of continuous running, with jog recovery in between.</p>	<p>Long Run: Laps of Burrator Reservoir</p>
	<p>ROAD RUN Fartlek 10km Peter Tavy From Tavistock College to Hartford Bridge, Peter Tavy. Includes bursts of 10 x 1min with 2min easy jog recovery (head torch /high-vis clothing)</p>						
14 th Oct	 VO₂	<p>TRACK: Compounds 4 x (400/800/400m) 4mins recovery</p> <p>Overview: 1600m run with a fast start and finish to replicate a race, with challenge of holding a strong pace in the middle</p>	 LT	<p>MEADOWS: Kilometre repeats 6-7 x (1km loops with short hill) 2min recovery</p> <p>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</p>	 D	<p>RACE: Tavy 5 (Monthly 5k race around college and park, starting and finishing on the track)</p> <p>Overview: Registration from 8.45am, race start 9.15am</p>	<p>Races: Eden Project Half Marathon Plymouth Harriers Autumn 5 Amsterdam Marathon</p>
	<p>ROAD RUN: Whitchurch Down Loop Head out past supermarkets, up via Whitchurch Inn, Middlemoor and then loop of roads around the Down prior to returning back through park to college (head torch hi-vis clothing please)</p>						

Week of	TUES 6.30pm	THURS 6.30pm	SAT 9.00am	SUN 9.00am
21 th Oct	 <p>TRACK: Quarters (Decreasing Recovery) 3 x (4 x 400m) (45s; 30s; 15s recovery) 2min between sets</p> <p>Overview: Aim to maintain speed through each lap with ever decreasing time to recover after each repeat. Starts at 45sec, then drops to 30sec and finally 15sec</p>	 <p>DEER PARK: Kenyan Hills 3 x 8 mins - with 3min rest after each interval</p> <p>Overview: Loops of short hilly circuit around Deer Park, practising running hard for short periods of time.</p>	 <p>TRACK: 200m Repeats 4 x (4x200m / 30sec rest) 2min sets</p> <p>Overview: Opportunity to build some leg speed with 2miles worth of 200m repeats, run with short periods of rest in between</p>	<p>Races:</p> <p>Tavy7 Plaster-down</p>
	<p>ROAD / CYCLE PATH RUN 6-7miles Run out to Horrabridge (via Gem Bridge) and then back. Easy pace on way out, gradually faster on the way back (head torch / high-vis. clothing please)</p>			
28 rd Oct	 <p>TRACK: VO2 Max Intervals 3 x (10 x (30sec fast / 15 sec walk / jog) / 3 min rest after each set</p> <p>Overview: Session focused on short fast bursts to impact on VO2 max, with brief walk/slow jog in between (pick up after each whistle blow). Warning: only 15mins of effort in total, but a tough workout</p>	 <p>MEADOWS: Mile Repeats 5 x (1mile repeat) 3min recovery</p> <p>Overview: Figure of eight loop around Meadows Park, ideal chance to run at threshold pace, using 3min to recover prior to next mile.</p>	 <p>TRACK: 5k (Jog Bends, Run Straights)</p> <p>Overview: Classic track workout, alternating between 100m fast and 100m recovery for 5k in total</p>	<p>Races:</p> <p>Bideford 10 Miler</p>
	<p>ROAD RUN: Mill Hill Run 6miles Approx 6mile / 10k run up and around Mill Hill (head torch / high-vis. clothing please)</p>			

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