

## Meavy & Tamar Group: TRAINING PROGRAMME (Feb 2025)

W/C	TUES	THURS	SAT	SUN
3 <sup>rd</sup> Feb	<p><b>Option A: Track @5.45pm Variable Speed Intervals (Endurance Path / Marathon Training)</b></p> <p><b>Overview:</b> Five times 4 x (45sec at LT/ 30sec@MAS<sup>1</sup>/2m30s recovery). So, 5 mins of hard running, starting for 45sec at lactate threshold, then surging for 30secs before returning back to LT and repeating pattern three more times. 2m30s easy jog recovery after each of the 5 sets. Just over 37m of running in total. (5.45pm or earlier for warm up, start session as group around 5.50pm)</p>	<p><b>Deer Park: Kenyan Hills @ 6.30pm</b></p> <p><b>Overview:</b> 4 x 8mins - with 2min rest after each interval</p> <p>Loops of short hilly circuit around Deer Park, practising running hard for short periods of time (8min). Great session for building strength and stamina</p>	<p><b>Track: Building Speed - Run the straights, jog the bends @9.00am</b></p> <p><b>Overview:</b> Good opportunity to build speed and improve running form, run up to 5k, accelerating on the straights (like strides), recovering with slow easy jog on the bends</p>	<p><b>Race: Exeter Half Marathon (Sunday entries)</b></p>
	<p><b>Option B Track @ 6.30pm Descending Intervals (VO2 max / Speed Path - Main Group Session)</b></p> <p><b>Overview:</b> VO2 max stimulus! A little over 12mins of hard effort – but very high intensity. Whistle to indicate switchover / pace change.</p> <p>3mins fast (2min easy recovery) / 2min fast (1m20s); 1min fast (45sec); 45sec fast (30s); 30sec fast (20s); 2min fast (1m 20s); 1min fast (45sec); 45sec fast (30s); 30sec fast (20s); 20sec fast then finish!</p>		<p><b>Race: Westward League: Central Park Plymouth (Saturday)</b></p> <p><b>Race: Exeter Half Marathon (Saturday entries)</b></p>	
	<p><b>Option : C Road Run Yelverton / Clearbrook Loop @ 6.30pm (Meet at Yelverton)</b></p> <p>6-7 miles running from Yelverton and Clearbrook (parking in Yelverton)</p>			

1. For reference, maximum aerobic speed (MAS) is the pace you could sustain for around 6 mins. Lactate Threshold is pace you could sustain for around 1hr.

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<p><b>10<sup>th</sup> Feb</b></p>	<p><b>Option A: Track @5.45pm Over / Under Intervals (Endurance Path / Marathon Training)</b></p> <p>4 x (4min @LT+10sec / 3min @LT-10ssec / 2min easy)</p> <p>Run for periods of 7min at Lactate Threshold, but starting for first 4min slightly slower than LT pace, then progressing for a further 3min quicker than LT pace, before 2min easy running for recovery. Four sets. Total of 36min of running. Warm up at 5.45pm or earlier, start session as a group around 5.50pm</p>	<p><b>Option A: Steady State Run (The Meadows) @6.30pm</b></p> <p><b>Overview:</b> Run for 45-50mins continuous running at steady state pace (10-15sec quicker than goal marathon pace), following 1 mile circuit of Meadows which you will keep lapping.</p> <p>(Both option A &amp; B run in Meadows at 6.30pm)</p>	<p><b>Race: Tavy 5 @ 9.15am</b></p> <p>(Monthly 5k race around college and park, starting and finishing on the track) From 8.45am registration 9.15am start</p>	<p><b>Long Run: Burrator Reservoir 3-5 laps: Speed Progression (12-20 miles)</b></p> <p>Getting slightly quicker each lap (approx. 4 miles per lap)</p> <p>(Practice fuelling / use of gels!)</p> <p><b>Race: Dalwood 3 Hills, Axminster (Sunday)</b></p>
	<p><b>Option B: Track @6.30pm Fast Finish 600s (Speed Path – Main Group Session)</b></p> <p>9 x 600m (with 2min recovery after each) First 3 – 100m fast finish Second 3 – 200m fast Last 3 – 300m fast</p> <p><b>Overview:</b> 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>	<p><b>Option B: Mile Repeats (The Meadows) @ 6.30pm</b></p> <p>5-6 x 1mile repeats with 2 min rest recovery after each mile</p> <p><b>Overview:</b> Great tempo session, sustaining a pace that is comfortably uncomfortable!</p>		
	<p><b>Option C: Mill Hill Loop Road Run @ 6.30pm (Meet at College)</b></p> <p>Approx. 10k run up and around Mill Hill (please bring head torch and high-viz clothing)</p>			

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<p>17<sup>th</sup> Feb</p>	<p><b>Option A: Road Run Tavy 7 (Meet at Plasterdown @ 6.30pm)</b></p> <p><b>Overview:</b> Start from Plasterdown at Tavy Car Park for 6.30pm, then we will pick up Tavy 7 Route in full. Please bring high visibility clothing and head torch for the run</p>	<p><b>Option A: Redmoor Close - Kenyan Hills @6.30pm</b></p> <p>5 x (2 loops of Redmoor Close) Each loop is around 500m, so equates to around 1km for each set) 2min recovery</p> <p><b>Overview:</b> Loops of short hilly circuit around new location Redmoor Close (left of Butcher Park Hill which you can access from top of Bannawell St) practising running hard for short periods of time Great session for building strength and stamina (Change direction after each set)</p>	<p><b>Track: Building Speed - Split Miles @ 9.00am</b></p> <p><b>Overview:</b> 4 x 1mile splits at (200m fast / 200 slow / 400m fast / 400m slow / 200m fast / 200m slow</p> <p>Chance to build speed and stamina at same time.</p>	<p><b>Long Run: Marathon Pace Cut Down (16 miles+)</b></p> <p>2 miles warm up then: 20/16/12/8/4mins@ marathon pace on track with 1mile easy around College perimeter after each set (i.e. 20mins at MP, then 1 mile easy around College, back to track 16mins@MP, 1 mile easy etc)</p>
	<p><b>Option B: Track 6x4mins (2min recovery) @ 5.45pm or 6.30pm (for main group)</b></p> <p><b>Overview:</b> 6 x 4mins running at Critical Velocity (between 5k and 10k pace) with 2min easy jog recovery. A slight change of emphasis running for duration rather than distance, good for practising awareness of pace, and building mental strength.</p> <p>Main session at 6.30pm, but track is available if you would like to do same session earlier in the evening</p>	<p><b>Option B: Redmoor Close - Kenyan Hills @6.30pm</b></p> <p>5 x (4 loops of Redmoor Close) Equates to around 2km for each set 2mins recovery</p> <p><b>Overview:</b> Longer distance option around same course (4 loops each time not 2) for those wanting more miles and to build endurance for later stages of marathon preparation. Look to reduce speed accordingly if running further (change direction after each set)</p>		<p>(Practice fuelling / use of gels!)</p> <p><b>Race: Fast 5000, Torbay VeloPark (Sunday)</b></p> <p><b>Race: Hameldown Hammer Half &amp; 7miler, Widcombe-In-The-Moor (Sunday)</b></p>

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24 <sup>th</sup> Feb	<p><b>Option A: Track @5.45pm Fartlek Pyramid (Endurance Path / Marathon Training)</b></p> <p>2 x (1min/2min/5min/2min/1min) with 60sec easy run as recovery in between each interval</p> <p><b>Overview:</b> Run 1min intervals at 5k pace, 2min intervals at 10k pace and 5min intervals at half-marathon pace, with 60 seconds easy running in between each time to recover). Two sets. Around 32 mins of running in total.</p> <p>Warm up at 5.45pm or earlier, start session as a group around 5.50pm</p>	<p><b>Option A: Meadows: Kilometre repeats @ 6.30pm</b> 6-8 x (1 km) / 2mins rest</p> <p><b>Overview:</b> Train your body to more effectively clear lactate with this threshold session. Also, a good session for testing 5km or 10km race pace</p>	<p><b>Track: Building Speed - 300m Repeats @9.00am</b></p> <p>8 x 300m (100m walk/jog recovery)</p> <p><b>Overview:</b> 300m repeats to build speed over slightly extended sprint distance.</p>	<p><b>Long Run: With Fast Finish (13-16miles+)</b></p> <p>Hilly half-marathon: Tavy 13 route + extra 5k added on at the end for fast finish (Try to run at MP or quicker for last 5k)</p> <p><b>Race: Westward League, Redruth (Sunday)</b></p> <p><b>Race: Looe 10 Miler, Cornish Grand Prix Series (Sunday)</b></p>
	<p><b>Option B: Track @ 6.30pm 10k Relay in Pairs (Speed Path)</b></p> <p><b>Overview:</b> Set a new (combined) 10k personal best working in pairs! 25 laps of 400m, alternating each time, one member of pair running, one resting (and then reversing roles)</p>	<p><b>Option B: Meadows – Mario Karts @ 6.30pm</b></p> <p><b>Overview:</b> Run 6+ continuous loops of circuit in the Meadows picking up speed when you enter through speed zones (marked out by cones)</p>		