

Meavy & Tamar Group: TRAINING PROGRAMME (March 2025)

W/C	TUES	THURS	SAT	SUN
3rd Mar	<p>Option A: Track @6.30pm Royal Flush</p> <p>Overview: Three times (5 x 400m) getting faster after each lap. 3min standing recovery</p> <p>Track is available from 5.30 for those who would like to do same session earlier</p>	<p>Deer Park: Kenyan Hills @ 6.30pm</p> <p>Overview: 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>Track @9.00am – Speed Session</p> <p>Overview: 16 x 200m (45s rec)</p> <p>Focus on building leg speed and running form</p>	<p>Races:</p> <p>Bideford Half Marathon (Sunday)</p> <p>Granite Way (10 and 20 miles)</p>
	<p>Option B Road Run: Drakes Trails to Gem Bridge</p> <p>Overview: Meet at college car park at 6.30 before heading out to Gem Bridge and back. Option to add a few hill strides on the bridge (short, burst of acceleration for 10-12sec)</p>			
10 th Mar	<p>Option A: Track @6.30pm Salazar 300s</p> <p>Overview: Two times (6 x 300m fast / 300m float).</p> <p>Running 300m as fast as possible before recovering during the float. 5min rest after each set.</p>	<p>Meadows @ 6.30pm Mile Repeats</p> <p>Overview: 5-6 x Mile Repeat (with 2min recovery)</p>	<p>Tavy 5 – Monthly 5k</p> <p>Overview: Registration from 8.45am, race starts at 9.15am</p>	<p>Races:</p> <p>Tavy 5 (Saturday)</p> <p>Falmouth Half Marathon (Sunday)</p> <p>Great Welsh Marathon (Sunday)</p>
	<p>Option B Road Run: Middlemoor, Whitchurch Loop</p> <p>Overview: Meet at college car park at 6.30 before heading out in loop around Middlemoor and Whitchurch</p>			

W/C	TUES	THURS	SAT	SUN
17 th Mar	<p>Option A: Track @6.30pm Compounds</p> <p>Overview: Four times (400m / 800m / 400m) with 3min rest</p> <p>Running hard the fast and last lap (simulating race pace), and holding a strong tempo in the middle</p> <hr/> <p>Option B: Yelverton / Clearbrook</p> <p>Overview: Run on country lands and footpaths, meet at Yelverton main car park by shops at 6.30</p>	<p>Deer Park: Kenyan Hills @ 6.30pm</p> <p>Overview: 3 x 10mins - with 3min rest after each interval</p> <p>Loops of short hilly circuit around Deer Park, practising running hard for short periods of time (10min). Great session for building strength and stamina</p>	<p>Track: Building Speed - Chase the Cone @ 9.00am</p> <p>Overview: Chase the Cone</p> <p>Running first lap (to Cone) of 300m with 100m easy recovery, but then extending distance by 10m each repeat, at the same time shortening recovery time</p>	
24 th Mar	<p>Option A: Track @6.30pm 400s with Decreasing Recovery</p> <p>Overview: Three times (4 x 400m with 45, 30 and 15sec recovery). 3mins between set</p> <p>Our Classic 400m repeat session staying fast and fluid in running form as recovery gets shorter</p> <hr/> <p>Option B: Harford Bridge / Peter Tavy</p> <p>Overview: Meet at college at 6.30 then head out towards Peter Tavy, includes some fartlek running with short bursts for around 30sec</p>	<p>Cricket Pitch / Ring, Whitchurch @ 6.30pm</p> <p>Overview: 6 x 4mins (with 2min recovery)</p> <p>Hoping for lighter, brighter weather the head back out onto the edge of the Moor!</p>	<p>Track: Mixed Speed Intervals @9.00am</p> <p>Overview: 6 x 150m, 3 x 300m and 1 x 600m</p> <p>Building speed and power – progressing through intervals that get gradually longer. Walk / slow jog to recover in between</p>	

W/C	TUES	THURS	SAT	SUN
<p>31st March</p>	<p>Option A: Track @6.30pm 5k Time-trial 'Beat the Clock!'</p> <p>Overview: Timer will start at countdown from around 30mins, each runner then selects when to start the 5k on the track, predicting their likely finish time – looking to finish as close to zero on the clock as possible, at the same time as push for a strong time</p> <p>Option to include a few pacers if anyone wants help targeting a 5k PB!</p>	<p>Meadows @6.30pm Mario Karts, Fartlek Session</p> <p>Overview: 6-8 laps of continuous running (1km loops of circuit in the Meadows)</p> <p>Each lap contains three marked out speed zones to pick up the pace as you progress around the loop – maintaining a good base tempo in between</p>	<p>Track: Split Miles @9.00am</p> <p>Overview: Four times (200m fast / 200m easy / 400m fast / 400m easy / 200m fast / 200 easy)</p>	<p>Races:</p> <p>Run Exe 5k Series #1 (Tuesday)</p> <p>Spring Track Warm-Up, Brickfields (Sunday)</p> <p>Powderham Castle 5 and 10 miler (Sunday)</p>