

			Plan for 200/400 Group				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24-nov	Soccer Pitch, drills then 300m all out + 6 x 40m full recovery	Weights	Soccer Pitch, 2 x plyos + drills then 3 x 200m with 5 minutes recovery	Early a.m. At College starts, throws, etc,	Jog a bit and 4 strides if you have time, Leave for Edmonton at 4 p.m.	<b>Last Chance meet</b>	Travel back from Edmonton in the a.m. Off or ez x-train
1-dec	Soccer Pitch, drills then 3 x 200m at 80% (not too hard), then 6 x 40m	Weights	Soccer Pitch, 2 x plyos + drills then 3 x 300m with 5 minutes recovery	Early a.m. At College starts, throws, etc, + weights later	20 to 30 ez	Outdoors – 4 x 3 hills (bound, hi knees, sprint)+ drills + core	Off or ez x-train
8-dec	Soccer Pitch, drills then 300m all out + 6 x 40m full recovery	Weights	Soccer Pitch, 2 x plyos + drills then 4 x 200m with 2.5 minutes recovery	Weights	20 to 30 ez	Outdoors – 4 x 3 hills (bound, hi knees, sprint)+ drills + core	Off or ez x-train
15-dec	Soccer Pitch, drills then 400m all out + 6 x 40m full recovery	Weights	Soccer Pitch, 2 x plyos + drills then 4 x 200m with 3.5 minutes recovery	Weights	20 to 30 ez	Weights	Off or ez x-train
22-dec	10 + 5 x 1 with 2 minute recovery + 5	Weights	15 + 6 x 100m strides	<b>X-mas Day – off</b>	20 to 30 ez	Weights	Off or ez x-train
29-dec	10 + 5 x 1 with 2 minute recovery + 5	Weights	15 + 6 x 100m strides	<b>New Years day - off</b>	20 to 30 ez	Outdoors – 4 x 3 hills (bound, hi knees, sprint)+ drills + core	Off or ez x-train
5-jan	College Gym - 2 x drills/plyos + 4 x 200m on 6 minutes	20 + weights	College Gym - drills + 10 x 40m + core	Morning Practice – starts, jumps. Etc	20 to 30 ez	Outdoors – 4 x 3 hills (bound, hi knees, sprint)+ drills + core	Off or ez x-train
12-jan	College Gym - drills + 300m hard then 4 x 1 lap full rest + core	Weights	College Gym - drills + 3 x 1 lap full rest + 3 x 40m + core	Morning Practice – starts, jumps. Etc	<b>Golden Bear Meet</b>	<b>Golden Bear Meet</b>	Off or ez x-train
19-jan	College Gym - drills + 6 x 200m (ez recovery) with full rest + core	20 + weights	College Gym - drills + 2 x 300m hard, full rest, then 2 x 1 lap, full rest + core	Morning Practice – starts, jumps. Etc	Soccer Pitch - 2 x drills/plyos + 6 x 60m full rest	Off or x-train	30 + weights
26-jan	College Gym - drills + 6 x 200m on 3 minutes + core	20 + weights	College Gym - drills then 8 x 1 lap, full rest + core	Morning Practice – starts, jumps. Etc	Soccer Pitch - 2 x drills/plyos + 6 x 60m full rest	Off or x-train	30 + weights
2-feb	College Gym - drills + 300m hard then 4 x 1 lap, full rest + core	Weights	College Gym - drills + 3 x 1 lap full rest + 3 x 40m + core	Morning Practice – starts, jumps. Etc	Off	<b>Edmonton Meet</b>	<b>Edmonton Meet</b>
9-feb	College Gym - drills + 6 x 200m (ez recovery) with full rest + core	20 + weights	College Gym - drills + 6 x 200m on 3 minutes + core	Morning Practice – starts, jumps. Etc	Soccer Pitch - 2 x drills/plyos + 6 x 60m full rest	Off or x-train	30 + weights
16-feb	College Gym - drills + 2 x 300m hard, full rest, then 2 x 1 lap, full rest + core	20 + weights	College Gym - drills + 6 x 200m on 3 minutes + core	Morning Practice – starts, jumps. Etc	Soccer Pitch - 2 x drills/plyos + 6 x 60m full rest	Off or x-train	30 + weights
22-feb	College Gym - drills + 3 x 200m hard, full rest, then 2 x 1 lap, full rest + core	20 + weights	College Gym - drills then 8 x 1 lap, full rest + core	Morning Practice – starts, jumps. Etc	Soccer Pitch - 2 x drills/plyos + 6 x 60m full rest	Off or x-train	30 + weights
1-mar	College Gym - drills + 300m hard then 4 x 1 lap, full rest + core	Weights	College Gym - drills + 3 x 1 lap full rest + 3 x 40m + core	Morning Practice – starts, jumps. Etc	Off	<b>Indoor Provincials</b>	<b>Indoor Provincials</b>
1. Monday Nov 24, Dec 1, 8, 15 – Meet at the indoor Soccer pitch at the Leisure Centre at 4:00 p.m							
2. Tuesdays, Thursdays, Fridays, and Sundays – on your own							
3. Wednesdays Nov 26, Dec 3, Dec 10, Dec 17 – Meet at the Indoor Soccer Pitch at 4 p.m. Or							
4. Saturdays Dec. 6 and 13 – Meet at the College at 11 a.m. Run Outdoors							
5. Thursday Dec 18 to Friday Jan 2 – on your own							
6. Saturday, Jan. 3 - Meet at the College at 11 a.m – Run Outdoors							
Bill Corcoran							
<a href="http://www.runquick.com">www.runquick.com</a>							
11/22/08							
<b>Update Jan 2009</b>							
1. Mondays and Wednesdays - meet at the College at 4 p.m. - Wednesdays will be outside unless it's really cold							
2. Fridays starting Jan. 23 - meet at the Soccer pitch at 4 p.m.- run with St Joes							
3. Tuesdays, Saturdays, Sundays - on your own							
12/27/2008							