

	Plan for HS 3000 Group						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-mar				10 + 30 steady + 10	Indoors 4 x 200 + drill and plyos	80	Off
16-mar	10 + 20 min hill circuits + 6 sprint hills + 10	50	30	10 + 35 steady + 10	Indoors 4 x 200 + drill and plyos	90	Off
23-mar	10 + 25 min hill circuits + 6 sprint hills + 10	60	30	10 + 40 steady + 10	Indoors 4 x 200 + drill and plyos	90	Off
30-mar	10 + 30 min hill circuits + 6 sprint hills + 10	50	30	10 + 10 fast + 2 x 3/2 + 10	Off	30 + 6 strides	Ft St John 10 km
6-apr	30 to 40 ez	10 + 20 min hill circuits + 6 sprint hills + 10	30	10 + 30 steady + 3 x1/2 + 10	30 + 8 strides	90	Off
13-apr	10 + 30 min hill circuits + 6 sprint hills + 10	30	60	10 + 30 steady + 3 x1/2 + 10	30 + 8 strides	90	Off
20-apr	60	10 + 600 + 6 x 300/100 jog + 10	30	10 + 5 x 600/200 jog + 10	10 + 20 fast + 4 x 300m + 10	off	90
27-apr	10 + 8 x 300/100 jog + 10	30	10 + 4 x 800/300 jog + 10	30	10 + 1000TT + 4 x 300/500 jog + 10	off	90
4-may	10 + 10 x 300/100 jog + 10	30	10 + 6 x 200/200 jog/walk + 10	off	20 + 4 strides	Peace Country Meet	70
11-may	10 + 8 x 400/100 + 10	40	10 + 3 x 1000/400 jog + 10	30	10 + 20 fast + 4 x 300m + 10	off	90
18-may	10 + 10 x 300/100 jog + 10	40	10 + 1200-1000-800-600/400 jog + 10	30	10 + 2000TT + 400-300-200 + 10	off	75
25-may	10 + 1200-800-400 + 10	30	10 + 4 x 400/400 jog + 10	20 + 4 strides or Off	Zones Day 1	Zones Day 2	60 to 70
1-jun	10 + 15 steady + 6 X 200/200 jog	off	10 + 4 x 300/500 jog + 10	20 + 4 strides or Off	HS Provs Day 1	HS Provs Day 2	
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