

	Plan for HS 400/800 Group						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-mar				Indoors 10 + 3 x 600m 5 minutes rest + drills + 10	Indoors 4 x 200 + drill and plyos	60	Off
16-mar	10 + 15 min hill circuits + 9 sprint hills + 10	30	Xtrain	Indoors 10 + 5 x 400m 4 minutes rest + drills + 10	Indoors 4 x 200 + drill and plyos	60	Off
23-mar	10 + 15 min hill circuits + 10 sprint hills + 10	30	Xtrain	Indoors 10 + 3 x 600m 5 minutes rest + drills + 10	Indoors 4 x 200 + drill and plyos	60	Off
30-mar	10 + 15 min hill circuits + 12 sprint hills + 10	30	Xtrain	10 + 10 fast + 2 x 3/2 + 10	Off	30 + 6 strides	Ft St John 5 km or 60 EZ
6-apr	Off	10 + 15 min hill circuits + 12 sprint hills + 10	30	10 + 10 fast + 6 x 1/3 + 10	30 + 8 strides	60	Off
13-apr	10 + 15 min hill circuits + 12 sprint hills + 10	30	Xtrain	10 + 10 fast + 6 x 1/3 + 10	30 + 8 strides	60	Off
20-apr	60	10 + 600 + 6 x 150 + 10	30	10 + 4 x 3 x 200 (30 sec rest) + 10	10 + 600TT + 3 x 200m	off	45
27-apr	10 + 2 x 400/300/200 + 10	30	10 + 4 x 3 x 200 (30 sec rest) + 10	xtrain	10 + 300TT + 6 x 150 + 10	off	45
4-may	10 + 4 x 300 + 10	30	10 + 6 x 200/200 jog/walk + 10	xtrain	20 + 4 strides	Peace Country Meet	45
11-may	10 + 3 x 600 + 10	30	10 + 3 x 4 x 200 (30 sec rest) + 10	xtrain	10 + 600TT + 3 x 200m + 10	off	45
18-may	10 + 3 x 500 + 3 x 150 + 10	30	10 + 2 x 400/300/200 + 10	xtrain	10 + 300TT + 6 x 150 + 10	off	45
25-may	10 + 2 x 400 + 2 x 200 + 10	Off	10 + 400-300-200-100/400 jog + 10	20 + 4 strides	Zones Day 1	Zones Day 2	45
1-jun	10 + 8 x 200/200 jog + 10	Off	10 + 300-300-200-100/400 jog + 10	20 + 4 strides	HS Provs Day 1	HS Provs Day 2	
Bill Corcoran							
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03/10/09							