

Troy's Awesome Plan for Indoor Track Greatness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 13	off	5 x 600 on 5 minutes	30- 40 ez	400-300-200 x 2-300-400	off	5 + 20 fast + 5 + strides	70
Dec. 20	off	4 x 800 on 5 minutes	30- 40 ez	20 + 8 x 1/1 outdoors	5 + 20 fast + 5 + strides	X-mas Off	80
Dec. 27	off	10 + 5 x 3/2 + 10	30- 40 ez	400-300-200 x 2-300-400 (if indoors?)	5 + 20 fast + 5 + strides	new years	80
Jan. 3	off	3 x 1000 on 8 minutes	30- 40 ez	speed 8 x 200/ on 2 mins	off	5 + 15 fast + 5 + 4 x 1/1+ 5	80
Jan. 10	off	600 TT + 3 x 200	30- 40 ez	speed 6 x 300/ on 3 minutes	off	5 + 15 fast + 5 + 4 x 1/1+ 5	80
Jan. 17	off	800-600-400-200 - 2 min rest	20-30 ez	off	Golden Bear 1000m	Golden Bear 600m	jog a bit
Jan. 24	off	3 x 1000 on 8 minutes	30- 40 ez	speed 8 x 200/ on 2 minutes	off	5 + 20 fast + 5 + strides	80
Jan. 31	off	4 x 800 on 5 minutes	30- 40 ez	speed 6 x 300/ on 2 minutes	off	5 + 15 fast + 5 + 4 x 1/1+ 5	80
Feb. 7	off	5 x 600 on 5 minutes	30- 40 ez	speed 6 x 200/ on 2 minutes	off	AB Indoor Games ??	AB Indoor Games ??
Feb. 14	off	jog + strides	Travel	Simplot Games ID	Simplot Games ID	Simplot Games ID	Travel
Feb. 21		3 x 1000 on 8 minutes	30- 40 ez	400-300-200 x 2-300-400	off	5 + 15 fast + 5 + 4 x 1/1+ 5	80
Feb. 28	off	600 TT + 3 x 200	30- 40 ez	speed 6 x 300/ on 2 minutes	off	5 + 15 fast + 5 + 4 x 1/1+ 5	80
Mar. 7	off	600-400- 3 x 200 - 2 min rest	30- 40 ez	speed 6 x 200/ on 2 minutes	off	AB Age Class 400m	AB Age Class 800m

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1. This is pretty minimal plan - if you want to do extra aerobic workouts are some weight training, that's ok
2. I'm assuming that Tuesday is morning at the soccer pitch; Thursday is at the College in the gym
3. Fiona will be doing the Thursday workouts with you guys
4. I'm gone from Grande Prairie Jan 8 to 18 and end of Jan until the end of March. I will be checking my e-mail, so keep in touch at least once a week. Also, Rick is here to help