

Wolves Plan for Indoor Track Greatness

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|-------------------------------|-----------|-----------------------------|---------------------------------|------------------------------------|---------------------------|
| 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 | 1000 OR 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 1000 or 3000 | Golden Bear 600 or 1500 | 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 600 or 1500 | AB IG 3000 or 1000 |
| Feb. 14 | off | 4 x 800 on 5 minutes | 30- 40 ez | speed 8 x 200/ on 2 minutes | off | 5 + 15 fast + 5 + 4 x 1/1+ 5 | 80 |
| Feb. 21 | off | 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 | 1000 OR 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 |

Bill Corcoran
Runquick.com
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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. Also, if you're planning to do road races or tris, your sched may vary
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; if you'd rather do hills on Tuesdays (especially if you'r not racing indoors) instead of running indoors, get a hold of Fiona.
4. It's a good idea to do Sat and/or Sunday runs with others - arrange a time to meet.
5. 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, if you have a question. Also, Rick is here to help