

Younger Distance Plan for ASG							
Week Starting	Mon	tues	wed	thur	fri	Sat	Sun
Jun-18	6 x 300 + 2 x 200	20 to 30	1000 TT + 3 x 300	20 to 30	10 + 10 fast + 5	40	off
Jun-25	3 x 800 + 3 x 300	20 to 30	2 x 1200+ 1 x 600	20 to 30	10 + 15 fast + 5	40	off
Jul-02	6 x 300 + 2 x 200	20 to 30	1200-800-600-2x 400	20 to 30	10 + 15 fast + 5	45	off
Jul-09	800 TT + 3 x 300	20 to 30	6 x 200	20 to 30	off	<b>1200</b>	<b>2000</b>
Jul-16	jog + a few sprints	30	1200-800-600-2x 400	20 to 30	10 + 15 fast + 5	45	off
Jul-23	1000TT + 3 x 300	20	6 x 200	off	<b>ASG</b>	<b>ASG</b>	
1. Numbers on Tues, Thur, Fri, and Sat refer to minutes running. Run these at a comfortable pace unless otherwise specified							
2. Track days are Mon and Wed at the Legion Track							
3. Track meet in Sherwood Park on July 14 and 15 would be good to go to. If you can't make it, we'll do something else							