

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Jun-16			20 tempo + 4 x 300	30	jog a bit+ a few strides	Mini Meet - 2000 and 800	jog a bit
Jun-23	8 x 300 short rest	30	20 fast + 6 x 200	30	off	1000TT + 3 x 300	up to 60
Jun-30	6 x 600	30	20 steady + 6 x 200	30	jog a bit	600TT + 3 x 400	up to 60
Jul-07	3 x 800 lots of rest	30	600-400-3 x 150	30	off	Sherwood Park Meet	Sherwood Park Meet
Jul-14	jog a bit	45	12 x 200	30	jog a bit	1000TT + 4 x 300	up to 50
Jul-21	600-400 - 4 x 150	30	8 x 200	20 + 6 strides	ASG Day 1	ASG Day 2	
0. Numbers only e.g. "30" - run for 30 minutes at a comfortable pace							
1. Track workouts - warm up 10 minutes jogging, 4 x 100m, 2 x drills + Cool down - jog for 5 to 10 minutes, stretch afterwards							
2. 20 Tempo/Fast/Steady + 6 x 200 - run 20 minutes fairly hard - about 10 km race pace. Then run 200s at 800 pace or a bit quicker with 200 jog/walk rest							
3. 1000TT + 3 x 300 = 1000 at 1500 race pace or a bit quicker + 3 x 300 at 800 pace with lots of rest							
4. 6 x 600 - reps at 1500 pace with about 3 minutes jog rest							
5. 3 x 800 - reps at 1500 pace without about 5 to 6 minutes rest							
6. 600TT + 3 x 400 - 600TT is a 800 pace or quicker. 10 minute jog, then 3 x 400 at 800 pace with lots of rest							
7. 600-400-3 x 150 - 600 at 1500 pace, 2 lap ez jog, 400 at 800 pace, 2 lap ez jog, 3 x 150 very fast - walk back for recovery.							
8. Sherwood Park Meet - If you can go to this meet great, if not do a 1500 TT this weekend + 6 x 200 after							