

Dylan's Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mar. 25						10 + 6 x 3/2 + 10	off
Apr-01	15 min Hill circuits + 12 hill sprints	sprint work indoors	50	20 tempo + 10 strides	30	10 + 4 x 5/2 + 10	off
Apr-08	15 min Hill circuits + 12 hill sprints	sprint work indoors	50	2 x 10/5 + 10 strides	30	10 + 8 x 2/2 + 10	off
Apr-15	600 + 6 x 300 + 600 or hill sprints if no track	6 x 60m + drills, etc	50	10 + 6 x 3/2 + 10	30	10 + 1000TTm on track + 6 x 200	off
Apr-22	600 + 8 x 300	3 x 150m + drills, etc	50	3 x 500 @ 800m pace lots of rest	30	20 tempo + 3 x 400	off
29-apr	3 x 300 fast, 10 min rest	6 x 60m + drills, etc	50	10 x 300	30	TT @ 600 + 4 x 300m	off
6-may	4 x 3 x 200	3 x 150m + drills, etc	40	1000-800-600 cruise 2 x jog + a few strides 300 fast		PCC - Grande Prairie 800,200, and 400	off
13-may	4 x 3 x 200	6 x 60m + drills, etc	40	20 tempo + 6 x 200	30	TT @ 300 + 6 x 150	off
20-may	3 x 4 x 200	3 x 150m + drills, etc	40	3 x 500 fast - lots of rest	30	1000-800-600 + 2 x 300	off
27-may	20 ez + 6 x 200	30	Zones	Zones	40	20 tempo + 3 x 400	off
3-jun	2 x 400 + 3 x 200	6 x 60 drills, etc	off	jog + a few strides	HS Provs 800m	HS Provs 400m	off
10-jun	1000-800-600 cruise 2 x 300 fast	3 x 150, drills, etc	30	4 x 200	jog + a few strides	Caltaf Classic 400m	Caltaf Classic 800m
17-jun	off	6 x 60 drills, etc	40	3 x 300 fast, lots of rest	30	TT @ 600 + 4 x 300m	off
24-jun	3 x 4 x 200	3 x 150, drills, etc	40	300-300-200 + 300-150	30	TT @ 300 + 6 x 150	off
1-jul	300-300-200 + 300-150	6 x 60 drills, etc	30	6 x 200	jog a bit	CSG Trials Med Hat	CSG Trials Med Hat
8-jul					Can Juniors?	Can Juniors?	Can Juniors?
Jul-13						Sherwood Park Meet?	Sherwood Park Meet?
Jul-20							