

Generic Spring Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mar. 25	30 min hill circuits + 4 x hill sprints	40	60	35 tempo + 6 strides	30	10 + 6 x 3/2 + 10	80
Apr-01	35 min hill circuits + 4 x hill sprints	40	60	20/15/10 tempo - 5 min break	30	10 + 4 x 5/2 + 10	80
Apr-08	35 min hill circuits + 4 x hill sprints	40	60	40 tempo + 6 strides	30	10 + 8 x 2/2 + 10	90
Apr-15	600 + 6 x 300 + 600 or hill sprints if no track	40	60	10 + 6 x 3/2 + 10	30	10 + 500TTm on track + 3 x 200	70
Apr-22	600 + 8 x 300	30	40	4 x 1000m (10km pace - not hard!!)	travel and jog	jog + a few strides	Victoria 10 km
29-apr							
6-may						PCC - Grande Prairie	Brian Harms RR
13-may							
20-may						Press Run RR	

Generic Summer Training Plan

	Mon	Tues	Wed	Thursday	Friday	Saturday	Sunday
Regular Week	off or x-train or 30	medium run	short run + hill sprints	medium long run	off or x-train or 30	tempo run	long run
Race Week	off	10 + 20 race pace + 10	30	10 + 10 race pace + 10	off	jog a bit + 6 strides	race
Ez Week	off	medium run	x-train	medium	off	short run	medium long run

0. Follow this overall plan, if and only if, you want to show in the fall ready to race and improve! Focus on volume and consistency, not intensity, in the summer

1. Do an Ez week every 4 weeks or the week after a race week
2. X-train = ez aerobic exercise like swimming, elipitical, cycling, etc. for up to an hour or so (longer for cycling). Make sure it's ez
3. Medium run = run at a fairly comfortable pace for 40 to 60 minutes
4. Short run = run at a fairly comfortable pace for about 30 to 40 minutes
5. Hill Sprints = sprint up a fairly steep hill for about 12 seconds, walk slowly down - repeat a total of 6 to 10 times
6. Medium Long Run = run at fairly comfortable pace for 50 to 70 minutes
7. Long Run = run at a comfortable pace for 65 to 90 (or maybe even a bit more) minutes, finish the last 15 minutes fast if you're feeling good
8. Tempo run = warm up for 5 to 10 minutes, then run 20 to 30 minutes (maybe even 35 or 40 every so often) at a good clip, cool down for 5 to 10 minutes.
9. Tempo can also be done as long repeats - e.g. 3 x 10 minutes steady, 3 minute jog; 15-10-5 minutes, 3 minute jog; 2 x 15 minutes, 5 minute jog