

# Jamie's Summer 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 + 5000TTm 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	<b>Victoria 10 km</b>
29-apr	Travel and jog	50 + a few strides	40	10 x 300m	30	1000TT + 4 x 300m	90
6-may	8 x 400	40	60	1200-1000-800-600-400	jog + a few strides	<b>PCC - Grande Prairie - 800m and 400m</b>	<b>Brian Harms 8 km</b>
13-may	jog a bit	70	45	25 tempo + 6 x 200	jog + a few strides	TT @ 2000m + 4 x 300	80
20-may	10 x 400	40	60	3 x 1600m	off	<b>Press Run 10 km</b>	45
27-may	12 x 200	40	60	10 x 400	30	20 tempo + 4 x 300	90
3-jun	Jog a bit	70	40	5-4-3-2-1 lap (400 jog)	30	1000TT + 4 x 400	90
10-jun	4 x 800	30	50	8 x 200	jog + a few strides	<b>Caltaf Classic Steeple</b>	<b>Caltaf Classic 5000m</b>
17-jun	jog a bit	12 x 200	30	6 x 600	off	2000TT + 4 x 200	75
24-jun	10 x 400	30	50	4-3-2-1 (400 jog)	off	1000TT + 3 x 300	70
1-jul	3 x 800	30	8 x 200	30	jog a bit	<b>CSG Trials 1500m</b>	<b>CSG Trials 5000m</b>
Jul-13							