

Junior High Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mar. 25	30 min hill circuits + 4 x hill sprints	30	50	35 tempo + 6 strides	off or 30	10 + 6 x 3/2 + 10	70
Apr-01	35 min hill circuits + 4 x hill sprints	30	50	20/15/10 tempo - 5 min break	off or 30	10 + 4 x 5/2 + 10	70
Apr-08	35 min hill circuits + 4 x hill sprints	30	50	40 tempo + 6 strides	off or 30	10 + 8 x 2/2 + 10	80
Apr-15	600 + 6 x 300 + 600 or hill sprints if no track	30	40	10 + 6 x 3/2 + 10	off or 30	10 + 5000TTm on track + 3 x 200	60
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	travel and jog	50 + a few stides	40	10 x 300	off or 30	TT @ 600 or 1000 + 4 x 300m	70
6-may	8 x 400	40	60	1200-1000-800-600-400 (400 jog)	jog + a few strides	PCC - Grande Prairie 800 and 400	45
13-may	10 x 400	40	60	20 tempo + 6 x 200	jog + a few strides	TT @ 600 or 1000 + 4 x 300	60
20-may	10 x 400 (holiday Monday)	40	Jr High Meet?	40	off or 30	1000-800-600 + 3 x 300	50
27-may	20 ez + 6 x 200	30	Zones	Zones	off or 30	20 tempo + 3 x 400	60
3-jun	3 x 800	30	40	12 x 200	off or 30	TT @ 600 + 4 x 300	50
10-jun	600-600-300 (90 sec) + 300-300-200 (60 secs)	30	40	4 x 400	jog + a few strides	Caltaf Classic 1500m	Caltaf Classic 800m
17-jun							
24-jun							
1-jul						Medicine Hat Meet	MH Meet
8-jul							
Jul-13						Sherwood Park Meet	Sherwood Park Meet
Jul-20							

Your Jr High meet is this week - I'm guessing

We'll decide after June 15 how much (if any) more track we want to do this summer