

Sanchez'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	Victoria 10 km
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	5-4-3-2-1 lap (400 jog)	jog + a few strides	PCC - Grande Prairie - 800m and 1500m	90
13-may	10 x 400	40	60	25 tempo + 6 x 200	jog + a few strides	TT @ 2000m + 4 x 300	80
20-may	10 x 400	40	60	3 x 2000m	off	Press Run 10 km	45
27-may	12 x 200	40	60	6 x 400	jog + a few strides	St Albert 1500m	NB 3 Calgary or St Albert 3000m
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	Caltaf Classic Steeple	Caltaf Classic 5000m
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	CSG Trials 1500m	CSG Trials 5000m
8-jul	jog a bit	3 x 800 lots of rest	off	jog + a few strides	Can Juniors	Can Juniors	Can Juniors
Jul-13							

Jun 10 - Jul 12 - Race, race rehearsal, speed and technique, minimal weights