

Dylan's Summer Plan 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr-14	30	30-35 minutes of hill circuits	40	30 tempo + 3 x 400	30 or xtrain or off	30 + 8 x 200/200 jog + hill sprints	up to 60
Apr-21	xtrain or rest	600 + 8 x 300	30	3 x 3 x 200 - short rest	travel and jog	Coach Course - run for 30 minutes or os	Coaching Course - travel
28-apr	up to 60	8 x 300m	20 + 6 x 60 + hurdles + starts	3 x 300 + 3 x 100 building	30 + a few hurdles	600TT + 4 x 150m	up to 60
5-may	20 + 3 x 100 + hurdles + starts	10 x 300	xtrain or rest	2 x 350-100 + 3 x 100 building	jog + a few strides	PCC - Grande Prairie - 800m, 200m, and 400Hurdles	up to 60
12-may	20 + 6 x 60 + hurdles + starts	4 x (3 x 200)	xtrain or rest	3 x 500 + 3 x 150	30 + a few hurdles	300TT + 4 x 150	up to 60
19-may	20 + 4 x 80 + hurdles + starts	4 x (3 x 200)	xtrain or rest	3 x 300 + 3 x 100 building	30 + a few hurdles	ASG All Comers GP 800m and 400 hurdles	up to 50
26-may	20 + 6 x 60 + hurdles + starts	1000-800-600 then 300 fast	xtrain or rest	8 x 200	jog + a few strides	St Albert 400m	NB 3 Calgary 800m
2-jun	Jog a bit	3 x (4 x 200)	20 + 3 x 100 + hurdles + starts	2 x 350-100 + 3 x 100 building	30 + a few hurdles	600TT + 4 x 150m	up to 45
9-jun	xtrain or rest	1000-800-600 then 500 Fast	20 + 6 x 60 + hurdles + starts	8 x 200	jog a bit + a few strides	Caltaf Classic 400m	Caltaf Classic 800m or 400hurd
16-jun		30	3 x 300 + 3 x 100	20 + 6 x 60 + hurdles + starts	jog a bit + a few strides	GP All Comers 400 + 300 hurdles	up to 45
23-jun	1000-800-600-400 3 x 200 2-3 mins rest - start at 3 km pace and work down	30	3 x 300/150 - 60 secs, 10 min set break	20 + 6 x 60 + hurdles + starts	jog a bit + a few strides	300 TT + 4 x 150	up to 45
30-jul	3 x 500 fast - lots of rest	30	6 x 200 fast, lots of rest	20 + 6 x 60 + hurdles + starts	jog a bit + a few strides	600TT + 4 x 150	up to 45
7-jul	400-300 + 3 x 200 good quality, lots of rest	30 or off	5 x 200 stride out	30	jog a bit + a few strides	AB Juniors 400m	AB Juniors 400 hurdles
Jul-13							
Jul-20				AB Summer Games	AB Summer Games	AB Summer Games	AB Summer Games

After Caltaf, we'll see where we are and adjust accordingly

Work some hurdles into some of the reps