

Jamie's Summer Plan 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr-14	45	30-35 minutes of hill circuits	60	30 tempo + 3 x 400	30 or xtrain or off	30 + 8 x 200/200 jog + hill sprints	90
Apr-21	45	600 + 8 x 300	40	4 x 1000m (10km pace - not hard!!)	travel and jog	jog + a few strides	Victoria 10 km
28-apr	Travel and jog	8 x 300m	40	1200-1000-800-600-400	45	1000TT + 4 x 300m	90
5-may	45	10 x 300	50	30 tempo + 6 x 200	jog + a few strides	PCC - Grande Prairie - Brian Harms 8 km 400m and 800m	
12-may	20 ez	10 x 400	50	4 x 1000	30 or off	30 tempo + 3 x 400	80
19-may	45	10 x 400	50	5 x 800	jog a bit	Press Run 10 km	40
26-may	off	3 x (4 x 200)	30	6 x 400	jog + a few strides	St Albert 1500m	NB 3 Calgary 1500m SC
2-jun	Jog a bit	3 x (4 x 200)	30	600-800-1000-800-600	40	20 tempo + 5 x 300	90
9-jun	45	3 x 500 + 3 x 150	40	30ez + 6 x 200	jog a bit	Caltaf Classic 1500m	Caltaf Classic 800m
16-jun	jog a bit	12 x 200/200	30	20 tempo + 3 x 400	off	GP All Comers 800 and 400 + 20 steady later	70
23-jun	40	3 x 600-200	50	4 x 300 + 4 x 150	off	1000TT + 3 x 300	70
30-jul	30	3 x 500 + 3 x 150	40	15 steady + 6 x 200	jog a bit	Edm Int Open 800m	45
7-jul	30	3 x 600 lots of rest	off	6 x 200	jog a bit	AB Seniors 1500m	AB Seniors 800m
Jul-13							
Jul-20			AB Summer Games	AB Summer Games	AB Summer Games	AB Summer Games	

Jun 9 - Jul 13 - Race, race rehearsal, speed and technique, minimal weights