

Kailey's Summer Plan 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr-14	off or x train or short ez run	30-35 minutes of hill circuits	45	30 tempo + 3 x 400	off or x train or short ez run	30 + 8 x 200/200 jog + hill sprints	80
Apr-21	off or x train or short ez run	600 + 8 x 300	45	4 x 1000m (10km pace - not hard!!)	jog a bit	short run with a few strides	TC 10 km race
28-apr	jog a bit	8 x 300m	45	1200-1000-800-600-400	off or x train or short ez run	1000TT + 4 x 300m	80
5-may	off or x train or short ez run	10 x 300	45	30 tempo + 6 x 200	off or x train or short ez run	PCC Meet GP and 400	Brian Harms 8km
12-may	off	7 x 400	45	4 x 1200	off or x train or short ez run	30 steady + 8 hill sprints	90
19-may	off or x train or short ez run	10 x 400	40	10 x 200	off or x train or short ez run	ASG Trials 1500 and 800	60
26-may	off	3 x 600 + 3 x 200	40	jog a bit + a few strides	Zones 1500	Zones 3000 and 800	60
2-jun	off	8 x 200	40	jog a bit + a few strides	HS Provs 800	HS Provs 1500	60
9-jun	off	30ez + 5 x 300	45	5 x 800	jog a bit+ a few strides	30 steady + 3 x 400	80
16-jun		45	20 tempo + 4 x 300	45	jog a bit+ a few strides	GP All Comers 800 and 400	70
23-jun	8 x 300 short rest	50	20 fast + 6 x 200	45	off	1000TT + 3 x 300	70
30-jul	off or x train or short ez run	20 fast + 10 strides	45	6 x 3/2	off or x train or short ez run	20 fast + 10 strides	60
7-jul	3 x 800 lots of rest	off	600-400-3 x 150	40	jog a bit	AB Provs 1500	AB Provs 800
Jul-13	jog a bit	45	12 x 200	45	jog a bit	1000TT + 4 x 300	80
Jul-20	600-400 - 4 x 150	30	8 x 200	Travel to ASG	ASG 1500 and 400	ASG 800	Travel home from ASG
Jul-27							

J to B Relay Leg? May have to adjust this

In Hawaii this week?