

# Mirelle's Summer Plan 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr-14		30-35 minutes of hill circuits		30 tempo + 3 x 400		30 + 8 x 200/200 jog + hill sprints	80
Apr-21		600 + 8 x 300		4 x 1000m (10km pace - not hard!!)		vball	60
28-apr		8 x 300m		3 x 1600		1000TT + 4 x 300m	80
5-may		10 x 300		30 tempo + 6 x 200		Vball?	60
12-may		10 x 400		4 x 1600	Grad	Grad 30 steady + 8 hill sprints	Grad
19-may		10 x 400		10 x 200		<b>ASG and All comers GP 1500 and 800</b>	60
26-may		3 x 600 + 3 x 200		jog a bit + a few strides	<b>Zones 1500</b>	<b>Zones 3000 and 800</b>	60
2-jun		8 x 200		jog a bit + a few strides	<b>HS Provs 3000</b>	<b>HS Provs 1500</b>	
9-jun							
16-jun			20 fast + 4 x 300	45	off	<b>GP All Comers 2000 + 800</b>	60
23-jun	5 x 800	50	20 fast + 6 x 200	45	off	1000TT + 3 x 300	70
30-jul	6 x 600	40	20 steady + 6 x 200	45	jog a bit	600TT + 3 x 400	60
7-jul	3 x 800 lots of rest	off	600-400-3 x 150	40	jog a bit	<b>AB Provs</b>	<b>AB Provs</b>
Jul-13							
Jul-20							