

Sanchez'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 400	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 400m	40	3 x 2000	45	1000TT + 4 x 300m	90
5-may	45	10 x 400	60	30 tempo + 6 x 200	jog + a few strides	PCC - Grande Prairie - 3000m and 800m + 40 ez mins later	90
12-may	45	10 x 500	60	4 x 1600	30 or off	30 tempo + 3 x 400	80
19-may		10 x 500	60	jog a bit + a few strides	Blue Mile	30 tempo	60
26-may	off	3 x (4 x 200)	40	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)	40	3 x 2000	jog a bit	Jasper Banff Relay	30
9-jun	60	4 x 800	50	jog a bit + a few strides	Caltaf Classic Steeple	Caltaf Classic 1500m	Caltaf Classic 3000m or 800m
16-jun			20 fast + 4 x 300	60	off	GP All Comers 2000 + 800	70
23-jun	5 x 800	50	20 fast + 6 x 200	60	off	1000TT + 3 x 300	70
30-jul	6 x 600	40	20 steady + 6 x 200	60	jog a bit	600TT + 3 x 400	45
7-jul	3 x 800 lots of rest	off	600-400-3 x 150	40	jog a bit	AB Seniors 1500m	AB Seniors 800m or 5000m
Jul-13				AB Summer Games	AB Summer Games	AB Summer Games	AB Summer Games
Jul-20							

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