

## Wolves 2014 Winter Plan for Greatness - 1500/3000

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 9	30-45 ez	gym workout x 200 on 2 minutes 6	40- 50 ez	Tempo 10ez + 2 x 10/3 + 6 hill sprints + 10ez	off or xtrain	Countyplex 600mTT + 8 x 150m - 2 min rest	50-75
Dec. 16	30-45 ez	outdoors 15 + 12 garb cans/jog back + 10	40- 50 ez	Tempo 10ez + 3 x 7/2 + 6 hill sprints + 10ez	off or xtrain	Countyplex 8 x 400 2m rest 1500 pace	60-80
Dec. 23	Tempo 10ez + 2 x 10/3 + 6 hill sprints + 10ez	30-45 ez	x-mas - jog a bit	40- 50 ez	Countyplex 4-3-2-2-1 laps 2m rest Start at 3k pace, speed up	30-45 ez	up to 60
Dec. 30	Multiplex 16 x 200 on 90 sec 1500 pace	off or xtrain	30- 60 ez	Tempo 10ez + 3 x 7/2 + 6 hill sprints + 10ez	30-45 ez	Countyplex 5 x 800 2m rest 3000m pace	60-80
Jan. 6	30-45 ez	gym workout 6 x 200 on 1.5m	45-60	Tempo 10ez + 20 tempo + 8 hill sprints + 10ez	off or xtrain	Countyplex 7 x 600 2m rest 3000m pace	up to 80
Jan. 13	30-45 ez	gym workout 5 x 300 on 2.5 m	45-60	Tempo 10ez + 3 x 8/2 + 8 hill sprints + 10ez	off or xtrain	Countyplex <b>Rick Scott Open</b> 1000 TT + 6 x 200/200 jog/walk	up to 90
Jan. 20	30-45 ez	gym workout 2 x 3-2-1 60s rest	45-60	Tempo 10ez + 25 tempo + 8 hill sprints + 10ez	off or x train	Countyplex 4 x 1000 2m rest 3000m pace	up to 90
Jan. 27	30-45 ez	gym workout 4- 3-2-1 2m rest	jog about 30	50 pick up the last 15 + 8 hill sprints	off or 20 + 6 strides	<b>ACAC #1</b> Calgary 3000m + 4 x 400	up to 60
Feb. 3	30-45	gym workout 5 x 300 90 sec rest	45-60	Tempo 10ez + 25 tempo + 8 hill sprints + 10ez	off or x train	Countyplex 5 x 800 2m rest 3000m pace	up to 100
Feb. 10	30-45	gym workout 4- 3-2-1 2m rest	jog about 30	50 pick up the last 15 + 8 hill sprints	off or 20 + 6 strides	<b>ACAC #2</b> Edmonton 1500m + 4 x 400	off
Read Week Feb. 17	up to 60	30- 40 ez	45-60	Tempo 10ez + 25 tempo + 8 hill sprints + 10ez	off or xtrain	Countyplex 4 x 1000 2m rest 3000m pace	up to 105
Feb. 24	30-45	Multiplex 4 x 600m 5min rest 1500m pace	45-60	Tempo 10ez + 25 tempo + 8 hill sprints + 10ez	off or xtrain	Countyplex <b>Amanda D Hippy</b> Invite 2000 TT + 4 x 200/200 jog/walk	up to 80
Mar. 3	30-45	Multiplex 5 x 400m 4min rest 1500m pace	40	off or 20 + 6 strides	<b>ACAC Champs</b> 1500	<b>ACAC Champs</b> 3000m + 4 x 4	off
Mar. 10	jog 30	10 + 20 hills + 10	45-60	50 pick up the last 15 + 8 hill sprints	off or xtrain	45 ez	up to 105
Mar. 17	30-45	10 + 20 hills + 10	45-60	Tempo 10ez + 30 tempo + 8 hill sprints + 10ez	off or xtrain	60 inc 10 x 1/1	up to 120
Mar. 24	30-45	10 + 25 hills + 10	45-60	Tempo 10ez + 35 tempo + 8 hill sprints + 10ez	off or xtrain	60 inc 10 x 1/1	up to 120
Mar. 31	30-45	10 + 30 hills + 10	45-60	Tempo 10ez + 20 fast + 8 hill sprints + 10ez	off or xtrain	40 + 6 x 200/200 jog 800m pace	up to 80
Apr-07	30-45	10 + 30 hills + 10	45-60	Tempo 10ez + 40 tempo + 8 hill sprints + 10ez	off or xtrain	40 + 5 x 300/300 jog 1500m pace	up to 120
Apr-14	30-45	10 + 35 hills + 10	45-60	Tempo 10ez + 20 fast + 8 hill sprints + 10ez	off or xtrain	40 + 8 x 200/200 jog 800m pace	up to 120
Apr-21	30	10 + 3km track + 15 steady +10 30 jog		45 inc 8 x 1/1	off or jog	20 + 6 strides	<b>TC 10 km race</b>

Draft One - December 8, 2013

1. This is pretty basic plan - if you want to do extra aerobic workouts or some weight training, swimming, etc, that's ok
2. NORMALLY, we'll meet as a group in the Winter Semester on Tuesdays at 5:30 p.m. (gym) , Thursdays at 5:30 p.m. (outside), and once on the weekend, normally Saturday 10 a.m. at the CountyPlex. Check the FB group for weekly updates to practice times.
3. The long runs are set up to allow you to run a half marathon by the end of May. If you don't want to do a half marathon, max out the long runs at 90
4. Gym Workout - Done in the GPRC gym - typically 2 sets of drills, 2 sets of plyos, and some short fast running like 8 x 200, 6 x 300, or 800 - then 4 x 200, etc.
5. The important meets are ACAC 1 on Feb 1 in Calgary, ACAC 2 in Edmonton on Feb 15, and especially ACAC Champs on Mar 7,8 in Edmonton. If you want to go to GBO on Jan 17, 18 or Athletics AB Provincials on Feb. 28 , Mar. 1 you'll likely be on your own. (But WAC may have \$ for entries, see Rick.) Also, you'll need to join AA to run the non-ACAC meets.
6. It's ok, to move the days around to suit your schedule, just don't do two of the intense workouts in consecutive days