

Wolves 2014 Winter Plan for Greatness - 400/800

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 9	off or x train	gym workout x 200 on 2 minutes	40- 50 ez	10ez + 10 fast + 10 hill sprints + 10ez	20 + weights	Countyplex 600mTT + 8 x 150m - 2 min rest	30 + Weights
Dec. 16	off or x train	outdoors 15 + 12 garb cans/jog back + 10	40- 50 ez	10ez + 10 fast + 10 hill sprints + 10ez	20 + weights	Countyplex 4 x 400 2m rest + 5 x 150 2m rest 1500 pace	30 + Weights
Dec. 23	10ez + 10 fast + 10 hill sprints + 10ez	30 + Weights	x-mas - jog a bit	40-50 ez	Countyplex 600-400- 3 x 200 5m rest Start at 1500m pace, speed up	off or x train	30 + Weights
Dec. 30	Multiplex 16 x 200 on 90 sec 1500 pace	30 + Weights	off or xtrain	10ez + 12 fast + 12 hill sprints + 10ez	30 + Weights	Countyplex 3 x 400 5m rest 800m pace	30 + Weights
Jan. 6	off or x train	gym workout x 200 on 1.5m	40-50	10ez + 12 fast + 12 hill sprints + 10ez	30 + Weights	Countyplex 3 x 500 m 10m rest 800m pace	30 + Weights
Jan. 13	off or x train	gym workout x 300 on 2.5 m	40-50	10ez + 12 fast + 12 hill sprints + 10ez	30 + Weights	Countyplex Rick Scott Open 300 TT + 6 x 200/200 jog/walk	30 + Weights
Jan. 20	off or x train	gym workout x 3-2-1 60s rest	40-50	10ez + 12 fast + 12 hill sprints + 10ez	30 + Weights	Countyplex 3 x 300m 10m rest 400m pace	30 + Weights
Jan. 27	off or x train	gym workout 3-2-1 2m rest	jog about 30	30 + Weights	off or 20 + 6 strides	ACAC #1 Calgary 800m + 4 x 400	off
Feb. 3	30 + Weights	gym workout x 300 90 sec rest	45-60	10ez + 15 fast + 12 hill sprints + 10ez	30 + Weights	Countyplex 3 x 300m 10m rest 400m pace	30 + Weights
Feb. 10	off or x train	gym workout 3-2-1 2m rest	jog about 30	30 + Weights	off or 20 + 6 strides	ACAC #2 Edmonton 800m + 4 x 400	Off
Feb. 17	30 + weights	40-50	30 + weights	10ez + 15 fast + 12 hill sprints + 10ez	off or x train	Countyplex 3 x 500 m 10m rest 800m pace	30 + Weights
Feb. 24	off or x train	Multiplex x 200m 5min rest 400m pace + 8 x 50 fast	45-60	10ez + 15 fast + 12 hill sprints + 10ez	30 + Weights	Countyplex Amanda D Hippy Invite 600 TT + 4 x 200/200 jog/walk	30 + Weights
Mar. 3	off or x train	Multiplex x 150m 5 min rest fast	jog 30	off or 20 + 6 strides	ACAC Champs 400	ACAC Champs 800m + 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 60
Mar. 17	30-45	10 + 20 hills + 10	40-50	Tempo + 20 tempo + 8 hill sprints + 10ez	off or xtrain	40 inc 10 x 1/1	up to 60
Mar. 24	30-45	10 + 25 hills + 10	40-50	Tempo + 25 tempo + 8 hill sprints + 10ez	off or xtrain	40 inc 10 x 1/1	up to 60
Mar. 31	30-45	10 + 30 hills + 10	40-50	Tempo + 20 fast + 8 hill sprints + 10ez	off or xtrain	40 + 6 x 200/200 jog 800m pace	up to 60
Apr-07	30-45	10 + 30 hills + 10	40-50	Tempo + 30 tempo + 8 hill sprints + 10ez	off or xtrain	40 + 5 x 300/300 jog 1500m pace	up to 70
Apr-14	30-45	10 + 35 hills + 10	40-50	Tempo + 20 fast + 8 hill sprints + 10ez	off or xtrain	40 + 8 x 200/200 jog 800m pace	up to 50
Apr-21	30	10 + 3km track + 15 steady +10	30 jog	45 inc 8 x 1/1	off or jog	20 + 6 strides	TC 10 km race

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. This plan assumes you'll want to run the TC 10 km in Victoria at the end of April. If not, we might do a few different things after ACAC indoors.
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