

Wolves 2014 Winter Plan for Greatness - High School

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 16	off or xtrain	outdoors 15 + 12 garb cans/jog back + 10	30-40 ez	Treadmill w/u + 3 x 5/3 + 10 c/d	10 off or xtrain	Countyplex x 400 2m rest 1500 pace	8 up to 60
Dec. 23	Treadmill 10ez + 2 x 10/3 + 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	off or x train	up to 60
Dec. 30	Multiplex 16 x 200 on 90 sec 1500 pace	off or xtrain	30- 45 ez	Treadmill 10ez + 3 x 6/3 + 10ez	off or xtrain	Countyplex x 800 2m rest 3000m pace	5 60-70
Jan. 6	off or xtrain	gym workout x 200 on 1.5m	45-60	Treadmill + 20 steady + 10ez	10ez off or xtrain	Countyplex x 600 2m rest 3000m pace	7 up to 70
Jan. 13	off or xtrain	gym workout x 300 on 2.5 m	45-60	Treadmill 10ez + 3 x 7/2 + 10ez	off or xtrain	Countyplex Rick Scott Open TT + 6 x 200/200 jog/walk	1000 up to 75
Jan. 20	off or xtrain	gym workout x 3-2-1 60s rest	45-60	Treadmill 10ez + 20 steady + 10ez	off or x train	Countyplex x 1000 2m rest 3000m pace	4 up to 75
Jan. 27	off or xtrain	gym workout 3-2-1 2m rest	jog about 30	Treadmill pick up the last 15	40 off or 20 + 6 strides	ACAC #1 Calgary 3000m + 4 x 400	up to 50
Feb. 3	off or xtrain	gym workout x 300 90 sec rest	45-60	Treadmill 10ez + 20 steady + 10ez	off or x train	Countyplex x 800 2m rest 3000m pace	5 up to 80
Feb. 10	off or xtrain	gym workout 3-2-1 2m rest	jog about 30	40 pick up the last 15 + 8 hill sprints	off or 20 + 6 strides	ACAC #2 Edmonton 1500m + 4 x 400	off
Read Week Feb. 17	up to 60	off or xtrain	45-60	Treadmill 10ez + 20 steady + 10ez	off or xtrain	Countyplex x 1000 2m rest 3000m pace	4 up to 80
Feb. 24	off or xtrain	Multiplex x 600m 5min rest 1500m pace	30 ez	40 ez + 8 strides	off or 20 + 6 strides	AA Champs 1500 AA Champs 3000m	
Mar. 3	EZ Week	Run ez on the	days that you feel like	it			
Mar. 10	off or xtrain	10 + 20 hills + 10	45-60	50 pick up the last 15 + 6 hill sprints	off or xtrain	45 ez	up to 80
Mar. 17	off or xtrain	10 + 20 hills + 10	45-60	Tempo + 25 tempo + 8 hill sprints + 10ez	10ez off or xtrain	60 inc 10 x 1/1	up to 80
Mar. 24	off or xtrain	10 + 25 hills + 10	45-60	Tempo + 30 tempo + 8 hill sprints + 10ez	10ez off or xtrain	60 inc 10 x 1/1	up to 80
Mar. 31	off or xtrain	10 + 30 hills + 10	45-60	Tempo + 20 fast + 8 hill sprints + 10ez	10ez off or xtrain	40 + 6 x 200/200 jog 800m pace	up to 65
Apr-07	off or xtrain	10 + 30 hills + 10	45-60	Tempo + 30 tempo + 8 hill sprints + 10ez	10ez off or xtrain	40 + 5 x 300/300 jog 1500m pace	up to 80
Apr-14	off or xtrain	10 + 35 hills + 10	45-60	Tempo + 20 fast + 8 hill sprints + 10ez	10ez off or xtrain	40 + 8 x 200/200 jog 800m pace	up to 80
Apr-21	off	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 16, 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

Specific Notes for Brit and Kaylee

1. I'm going to assume that you'll be at most Tuesday workouts and the occasional Saturday workout. If you can't make Saturdays, run those outdoors or on the treadmill
2. Time conversions for Saturday runs = 200m - 30 seconds hard; 300m - 60 seconds hard; 400m - 90 seconds hard; 600m - 2 minutes hard; 800m- 3 minutes hard; 1000m - 4 minutes hard
3. I'd like you to run in a few meets. The best ones for you are Feb.1 in Calgary, Feb. 15 in Edmonton, or AA Champs on Feb 28, Mar. 1 in Edmonton. You'll need to join AA if you want to run in the AA Champs
4. If you'd like to travel with the Wolves to Victoria at the end of April for the TC 10 km, you're welcomed to do so
5. Brit - with hockey, you might not get all of these workouts in. That's ok. Do your best to work this around hockey games and practices.