

300/600 Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 22		16 x 200		Xmas - off or ez	20 + strength	4 x 400 + 6 x 60m	up to 30 + strength
Dec. 29	off or ez	400-300-300-3 x200 lots of rest	20-30 + strength	New Years - off or ez	10 x 200 on 2 minutes	40	15 steady + 10 x 60
Jan. 5	off or ez	GPRC - pylos, etc + 5 x 300 on 2 minutes	up to 30 ez	800-600-400 tempo - 4 min rest + 6 x 60 - full rest	35	Rick Scott Open - 300m , then 4 x 200	off or ez
Jan. 12	15 + 10 hill sprints	GPRC - pylos, etc + 6 x 200 on 1.5 minutes	up to 30 ez	speed 15 x 100 on 2 minutes	40	15 steady then 400-300-200	off or ez
Jan. 19	15 + 10 hill sprints	GPRC - pylos, etc + 6 x 1 lap	off	20 + a few strides	Golden Bear Open 300m	Golden Bear Open 600m	off or ez
Jan. 26	15 + 10 hill sprints	GPRC - pylos, etc + 6 x 200 on 1.5 minutes	up to 30 ez	3 x 300 10 mins rest	40	15 steady then 400-300-200	off or ez
Feb. 2	15 + 10 hill sprints	GPRC - pylos, etc + 6 x 1 lap	up to 30 ez	10 x 100 on 2 minutes	jog a bit + a few strides	ACAC #2 - 300 + 4 x 400?	off or ez
Feb. 9	15 + 12 hill sprints	GPRC - pylos, etc + 6 x 200 on 1.5 minutes	up to 30 ez	3 x 300 10 mins rest	40	15 steady then 400-300-200	off or ez
Feb. 16	15 + 12 hill sprints	5 x 200 6 minuts rest	20-30 + strength	800-600-400 tempo - 4 min rest + 6 x 60 - full rest	40	Amanda D Hippy Invite 400m + 6 x 60	off or ez
Feb. 23	15 + 6 hill sprints	GPRC Gym - 6 x 1 lap	off	jog a bit or off	ACAC 300m	ACAC 600m? + 4 x 400m	
Mar. 2	Take an ez week						

Bill Corcoran
Runquick.com
25/12/2014 (draft one)

1. The schedule is guide and represents the maximum you should be doing - you'll probably miss a few workouts along the way - that's ok. Listen to your body; take extra rest when you need it
2. Try to hit the weight room twice a week for about 30 minutes. Thursday and Saturday would be the best days.
3. Rick Scott and Amanda D Hippy Meets are in GP; the other two meets are in Edmonton