

## 1500/3000 Plan for Indoor Greatness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 15		8 x 300 on 3 minutes do some abs, push ups, etc 3 times this week after some of your runs	40	3 x 1000 + 4 x 200 - lap jog between reps	45	30 steady + 3 x 400 2 min rest	
Dec. 22		16 x 200	60	Xmas - off or ez	50	4 x 800 + 400-300-200	up to 70
Dec. 29	off or ez	8 x 600 on 5 minutes	60	New Years - off or ez	10 x 200 on 2 minutes	40	30 steady + 3 x 400/ 2 min rest
Jan. 5	off or ez	Winter Hills 5 circuits + strength	45	4 x 600 - 4 min rest + 4 x 150 - full rest	35	<b>Rick Scott Open - 800m</b> , then 4 x 200	up to 70
Jan. 12	off or ez	Winter Hills 6 circuits + strength	60	speed 8 x 300/ on 3 minutes + strength	40	30 steady then 3 x 400/ 2 min rest	up to 80
Jan. 19	off or ez	Winter Hills 5 circuits + strength	ez or off	30 + a few strides	<b>Golden Bear Open 3000m</b>	jog a bit	up to 60
Jan. 26	40 ez	Winter Hills 6 circuits + strength	60	speed 10 x 200/ on 2 minutes + strength	40	30 steady then 3 x 400/ 2 min rest	up to 80
Feb. 2	off or ez	Winter Hills 6 circuits + strength	45	speed 8 x 300/ on 3 minutes + strength	jog a bit + a few strides	<b>ACAC #2 - 1500 + 4 x 400</b>	off or ez
Feb. 9	up to 60	Winter Hills 6 circuits + strength	60	speed 10 x 200/ on 2 minutes + strength	40	30 steady then 3 x 400/ 2 min rest	up to 70
Feb. 16	off or ez	3 x 1000 - 4 mins rest + 6 x 150	60	speed 8 x 300/ on 3 minutes + strength	40	<b>Amanda D Hippy invite 2000m + 4 x 200</b>	up to 60
Feb. 23	off or ez	GPRC Gym - 1000 + 3 x 200	40	20 + a few strides	<b>ACAC 3000m</b>	<b>ACAC 1500 + 4 x 400</b>	off
Mar. 2	Take an ez week						
Mar. 9	jog 30	10 + 20 hills + 10	45-60	50 pick up the last 15 + 8 hill sprints	off or xtrain	45 ez	up to 90
Mar. 16	30-45	10 + 25 hills + 10	45-60	10ez + 25 steady + 8 hill sprints + 10ez	off or xtrain	60 inc 10 x 1/1	up to 90
Mar. 23	30-45	10 + 30 hills + 10	45-60	10ez + 30 steady + 8 hill sprints + 10ez	off or xtrain	60 inc 10 x 1/1	up to 75
Mar. 30	30-45	10 + 30 hills + 10	45-60	10ez + 35 steady + 8 hill sprints + 10ez	off or xtrain	60 inc 10 x 1/1	up to 90
Apr. 7	30-45	10 + 35 hills + 10	45-60	10ez + 40 steady + 8 hill sprints + 10ez	off or xtrain	40 + 6 x 200/200 jog 800m pace	up to 80
Apr. 13	30-45	10 + 35 hills + 10	45-60	10ez + 20 fast + 8 hill sprints + 10ez	off or xtrain	40 + 8 x 200/200 jog 800m pace	up to 75
Apr. 20	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>

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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
4. Thursdays - these will be at the Countyplex. Saturdays - these will be at the Countyplex - if cold, run indoors; if warm, run tempo outside, reps indoors
5. Tuesday hill workouts - I'll show you how to do these. If it's too cold, change to a TM workout (example - 6 x 3 minutes/2 jog (1 min flat, 1 min at 6 degrees, 1 min flat))
6. Sunday long run - if you feel good, it ok to run the last 15 to 20 minutes of the Sunday run a bit quicker
7. Strength - spend a bit of time in the weight room - core, etc.
8. Rick Scott Open and Amanda D Hippy "meets" are in GP/Clairmont - the other meets are in Edmonton. The TC 10 km is in Victoria