

800/1500/3000 Plan for Brit and Kailey

	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	45-60	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	45-60	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	GPRC - pylos, etc + 5 x 300 on 2 minutes	30-45	4 x 600 - 4 min rest + 4 x 150 - full rest	35	Rick Scott Open - 800m , then 4 x 200	up to 70
Jan. 12	off or ez	GPRC - pylos, etc + 3 x 500 on 4 minutes	45-60	speed 8 x 300/ on 3 minutes	40	20 steady then 2 x 1000/ 4 min rest	up to 80
Jan. 19	off or ez	GPRC - pylos, etc + 3 laps, 2 x 2 laps. 2 x 1 lap	30-45	30	ez or off	Golden Bear Open 1500m + 400m	up to 60
Jan. 26	40 ez	GPRC - pylos, etc + 3 x 500 on 4 minutes	45-60	speed 10 x 200/ on 2 minutes	40	20 steady then 3 x 600/ 3 min rest	up to 80
Feb. 2	off or ez	GPRC - pylos, etc + 3 laps, 2 x 2 laps. 2 x 1 lap	30-45	speed 8 x 300/ on 3 minutes	jog a bit + a few strides	ACAC #2 - 3000 + 4 x 400?	off or ez
Feb. 9	up to 60	GPRC - pylos, etc + 3 x 500 on 4 minutes	45-60	speed 10 x 200/ on 2 minutes	40	20 steady then 2 x 1000/ 4 min rest	up to 70
Feb. 16	off or ez	3 x 1000 - 4 mins rest + 6 x 150	45-60	speed 8 x 300/ on 3 minutes	40	Amanda D Hippy Invite 2000m + 4 x 200	up to 60
Feb. 23	off or ez	GPRC Gym - 1000 + 3 x 200	45-60	6 x 3/2	40	20 Steady + 5 x 1/1	up to 60
Mar. 2	off or ez	600 - 400 - 3 x 200 - good rest	30-45	30 + a few strides	jog a bit + a few strides	AB Provs 1500	AB Provs 3000 or 800
Mar. 9	Take an ez week						
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	TC 10 km race

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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 - these are done in the GPRC gym
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. The 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