

Big Mir Summer 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mar. 30							
Apr. 7						1200-1000-800-600-400	run up to 70
Apr. 13	40 ez	4 x 1000 + 6 sprint hills	40-50 ez	10 x 300	30 ez	30 steady + 600	run up to 70
Apr. 20	40 ez	3 x 2000 + 6 sprint hill	40-50 ez	5 x 300 + 40	jog a bit	30 + a few strides	TC 10 km
Apr. 27	40 ez	1200-1000-800-600-400	40-50 ez	8 x 400/100 jog	30 ez	2 x 2000 + 1000	run up to 70
May. 4	40 ez	8 x 600/200 jog	30-40 ez	30 + 6 x 200	jog a bit	PCC - Grande Pinaire 5000 and 400	run up to 60 ez or <i>Brian Harms 8k as a tempo?</i>
May. 11	30 ez	5 x 1000/200 jog	30-40 ez	8 x 400/100 jog	off	30 steady + 600	run up to 70
May. 18	30 ez	3 x 800/5 min rest + 3 x 150	30-40 ez	1000 then 4 x 200	jog a bit	U of A Meet 1500m	NB 1 - Calgary 3000m
May. 25	jog a bit	30 + 8 x 100/ walk back	30-40 ez	8 x 400/100 jog	off	20 steady + 1000-600-400	run up to 70
Jun. 1	30 ez	8 x 400/100 jog	30-40 ez	5 x 1000/200 jog	30 to 40 ez	jog a bit	NB 3 Calgary 1500 Steeple + 4 x 200 after
Jun. 8	jog a bit	30 + 6 x 200/400 jog	30-40 ez	3 x 800/ 5 min rest + 3 x 150	off	2 x 2000 + 1000	run up to 70
Jun. 15	30 ez	20 steady + 2 x 1000/ 5 min rest	30-40 ez	30 + 4 x 200/400 jog	Jog a bit	Caltaf Meet - Calgary 1500	Caltaf Meet - Calgary 3000m
Jun. 22	30 ez	20 steady + 6 x 200	30-40 ez	3000 + 2 x 1000/400 jog	off	1000 + 6 x 200	run up to 70
Jun. 29	30 ez	30 pick up the last 10 + 8 x 100/ walk back	jog a bit	Nationals - Edmonton 5000m	jog a bit	20 + a few strides	Nationals - Edmonton 3000m
Jul. 6						Edmonton Track Classic?	
Jul. 13							
Jul. 20						Provs Sher Park - 1500m?	
Jul-27						Pan Am Juniors in Edmonton?	

updated April 18, 2015