

Brit and Kailey Spring 2015 Awesomeness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr. 13	40 ez	4 x 1000 + 6 sprint hills	40-50 ez	2 x 4 x 300	30 ez	20 steady + 3 x 600	run up to 70
Apr. 20	40 ez	6 x 500 + 6 sprint hill	40-50 ez	6 x 300 + 3 x 300	off	1000 TT + 4 x 300	run up to 70
Apr. 27	40 ez	1200-1000-800-600-400	40-50 ez	10 x 300	30 ez	20 steady + 1000-600-400	run up to 70
May. 4	40 ez	8 x 500 on 4 minutes	30-40 ez	30 + 6 x 200	jog a bit	PCC - Grande Prieaire 3000 and 400	run up to 60 ez
May. 11	30 ez	5 x 800	30-40 ez	8 x 300 on 3 min	off	20 steady + 3 x 600	run up to 70
May. 18	30 ez	3 x 800/5 min rest then 3 x 150	30-40 ez	1000 then 4 x 200	jog a bit	2000-1000-600 lots of rest	Run up to 60
MaY. 25	jog a bit	1000, 600, 4 x 200 lots of rest	30-40 ez	jog + a few strides	Zones	Zones	run a bit
Jun. 1	30 ez	4 x 400	30-40 ez	jog + a few strides	HS Provs	HS Provs	
Jun. 8							
Jun. 15	This might be a good year just to run a few road races in the summer and get ready for x-c season?					Caltaf Meet - Calgary	Caltaf Meet - Calgary
Jun. 22							
Jun. 29							
Jul. 6							
Jul. 13							
Jul. 20						Provs - Sherwood Park?	Provs - Sherwood Park