

Jamie's Awesome 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	Maui - try to run 5 days a week for up to an hour at a time. Throw in a few 20 minutes steady and 8 x 100m						
Dec. 29		Maui		10 x 200 on 2 minutes		40	30 steady + 3 x 400/ 2 min rest
Jan. 5	off or ez	ez aerobic workout Winter Hills 5 circuits + strength	45	ez aerobic workout 4 x 600 - 4 min rest + 4 x 150 - full rest	35	Rick Scott Open - 800m , then 4 x 200 ez aerobic workout + strength	up to 70
Jan. 12	off or ez	ez aerobic workout Winter Hills 6 circuits + strength	60	ez aerobic workout speed 8 x 300/ on 3 minutes + strength	40	30 steady then 3 x 400/ 2 min rest ez aerobic workout + strength	up to 80
Jan. 19	off or ez	ez aerobic workout Winter Hills 5 circuits + strength	40	off	jog 20 GB 1000m	Jog 15 GB 600m	40 ez
Jan. 26	off or ez	ez aerobic workout Winter Hills 6 circuits + strength	60	ez aerobic workout speed 10 x 200/ on 2 minutes + strength	40	30 steady then 3 x 400/ 2 min rest ez aerobic workout + strength	up to 80
Feb. 2	off or ez	ez aerobic workout Winter Hills 6 circuits + strength	45	ez aerobic workout speed 8 x 300/ on 3 minutes + strength	jog + a few strides	ACAC #2 1500 + 4 x 400	up to 60
Feb. 9	off or ez	ez aerobic workout Winter Hills 6 circuits + strength	45	ez aerobic workout speed 10 x 200/ on 2 minutes + strength	40	20 fast + 3 x 300 ez aerobic workout + strength	up to 80
Feb. 16	off or ez	3 x 1000 - 4 mins rest + 6 x 150	50	ez aerobic workout speed 8 x 300/ on 3 minutes + strength	40	Amanda D Hippy Invite 800m + 4 x 200	up to 60
Feb. 23	off or ez	ez aerobic workout GPRC Gym - 2 x 500 + 3 x 200	40	20 + a few strides	jog 15 ACAC 1000m + 4x 400	ACAC 1500 + 600	off
Mar. 2	jog 40	ez aerobic workout 600 - 400 - 3 x 200 - good rest	30	ez aerobic workout 6 x 200 - good rest	20 + a few strides	AB Provs 1500?	AB Provs 800?
Mar. 9	Journal Games 800 Invite?						
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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- 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
- Ez Aerobic workout - 30 to 40 minute of easy aerobic activity - this can be running, elliptical, swimming, stationary rowing or cycling (go a bit longer is cycling). At least one of these per week should be a run.
- 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
- 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))
- Sunday long run - if you feel good, it ok to run the last 15 to 20 minutes of the Sunday run a bit quicker
- Strength - 20 to 30 minutes in the weightroom, based on what Danielle comes up with for you
- We'll do Either AB Provs or the Journal Games 800 - probably not both.