

Women's 800m Awesomeness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mar. 30	40 ez	MP hills	40-50 ez	16 x 200	30 ez	25 steady + 2 x 400	run up to 70
Apr. 7	40 ez	MP hills	40-50 ez	600 then 8 x 300/100	off	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	20 steady + 3 x 600	run up to 70
Apr. 20	40 ez	6 x 600 + 6 sprint hill	40-50 ez	10 x 300	off	1000 TT + 4 x 300	run up to 70
Apr. 27	40 ez	1200-1000-800-600-400	40-50 ez	8 x 400	30 ez	20 steady + 1000-600-400	run up to 70
May. 4	40 ez	3 x (4 x 200) short rest		30 + 6 x 200	jog a bit	PCC - Grande Prieire 3000 and 400	run up to 60 ez
May. 11	30 ez	2 x 600 + 6 x 100	30-40 ez	4 x(3 x 200) - short rest	off	20 steady + 3 x 600	run up to 70
May. 18	30 ez	3 x 500 + 3 x 150	30-40 ez	400 then 4 x 200	jog a bit	U of A Meet 1500m	NB 1 - Calgary 800m
MaY. 25	jog a bit	30 + 8 x 100/ walk back	30-40 ez	3 x (4 x 200) short rest	off	20 steady + 1000-600-400	run up to 70
Jun. 1	30 ez	6 x 400	30-40 ez	20 + 3 x 300/500		jog a bit	NB 3 Calgary 800m
Jun. 8	jog a bit	30 + 6 x 200/400 jog	30-40 ez	3 x 500 + 3 x 150	off	3 x (4 x 200) short rest	run up to an hour
Jun. 15	30 ez	20 steady + 4 x 400	30-40 ez	20 + 4 x 200/400 jog	Jog a bit	Caltaf Meet - Calgary 1500 or 400	Caltaf Meet - Calgary 800m
Jun. 22	30 ez	30 + 8 x 100/ walk back	30-40 ez	600 TT + 2 x 300 + 4 x 150	off	1000-600-400-2 x 200	run up to an hour
Jun. 29	30 ez	30 + 8 x 100/ walk back	jog a bit	Nationals - Edmonton	Nationals - Edmonton	Nationals - Edmonton	Nationals - Edmonton
Jul. 6	45	4 x 400 5 min break	30-40 ez	6 x 200	jog a bit	Edmonton Track Classic	
Jul. 13							
Jul. 20						Provs - Sherwood Park?	Provs - Sherwood Park