

800/1500/3000 Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov. 30	off or ez	8 x 300 on 3 minutes do some abs, push ups, etc 3 times this week after some of your runs for this whole schedule	40	outdoors - 5 x 3/2 + hill sprints	45	30 steady + 2 x 200 strides	up to 70
Dec. 7	off or ez	10 x 300 on 3 minutes	40	4 x 800 + 4 x 200 - lap jog between reps	45	30 steady + hill sprints	up to 70
Dec. 14	off or ez	8 x 400 on 3.5 minutes	40	3 x 1000 + 4 x 200 - lap jog between reps	45	30 steady + hill sprints	up to 70
Dec. 21	off or ez	16 x 200 on 90 seconds	45-60	Outdoors - 6 x 3/2	xmas day - off or ez	30 steady + hill sprints	up to 70
Dec. 28	off or ez	8 x 600 on 5 minutes	45-60	Outdoors - 20 + 12 x 1/1 + 10	New Years - off or ez	30 steady + hill sprints	up to 70
Jan. 4	off or ez	5 x 800 on 5 mins + 2 x 400	30-45	Outdoors 2 x 10/5 + 5 + hill sprints	35	Rick Scott Open - 800m , then 4 x 200	up to 70
Jan. 11	off or ez	4 x 1000 on 6 mins - 3 x 200	45-60	speed 8 x 300/ on 3 minutes	40	20 Steady + hill sprints	up to 80
Jan. 18	off or ez	4 x 600 on 5 mins + 2 x 300	30-45	20 + a few strides	Golden Bear 3000m	Golden Bear Open 1500m + 400m	up to 45
Jan. 25	40 ez	speed 10 x 200/ on 2 minutes	45-60	4 x 1000 on 6 mins - 3 x 200	40	20 steady + hill sprints	up to 80
Feb. 1	off or ez	4 x 600 on 5 mins + 2 x 300	30-45	speed 8 x 300/ on 3 minutes	jog a bit + a few strides	ACAC Edmonton - 1500 or 3000 + 4 x 400	up to 45
Feb. 8	off or ez	speed 10 x 200/ on 2 minutes	45-60	2000-1500-1000 + 2 x 400	40	20 steady + hill sprints	up to 70
Feb. 15	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. 22	off or ez	600 + 4 x 200 lots of rest	45-60	jog a bit + a few strides	ACAC Champs - Calgary	ACAC Champs - Calgary	off
Feb. 29	GPRC Athletes will run ACAC Champs; All others will run AB Provs					AB Provs 1500	AB Provs 3000
Mar. 7	Take an ez week						
Mar. 14	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. 21	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. 28	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. 5	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. 12	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

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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
2. Tuesdays - these will be at the Countyplex - except Dec 28. Saturdays - these will be at the Countyplex - if cold, run indoors; if warm, run tempo outside, reps indoors
- 3.. Thursdays - these are either OUTSIDE as noted on the sched or the Countyplex
4. Saturdays these are outside or a MEET (Edmonton or Calgary). The Rick Scott Open and Amanda D Hippy are at the Countyplex.