

300/400 Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov. 30	off or ez	4 x 300 on 6 minutes do some abs, push ups, etc 3 times this week after some of your runs for this whole schedule	20 + weights	outdoors - 20 + hill sprints	weights	10 to 15 steady + 2 x 200 strides	up to 40
Dec. 7	off or ez	5 x 300 on 6 minutes	20 + weights	2 x 1000 tempo + 6 x 60	weights	10 to 15 steady + hill sprints	up to 40
Dec. 14	off or ez	4 x 400 on 7 minutes	20 + weights	2 x (3 x 200) 1 min/5min set break	weights	10 to 15 steady + hill sprints	up to 40
Dec. 21	off or ez	8 x 200 on 3 minutes	weights	Outdoors - 20 + 10 x 100 walk back	xmas day - off or ez	10 to 15 steady + hill sprints	up to 40
Dec. 28	off or ez	2 x (3 x 200) 1 min/5min set break	weights	Outdoors - 20 + 10 x 100 walk back	New Years - off or ez	10 to 15 steady + hill sprints	up to 40
Jan. 4	off or ez	2 x 1000 tempo + 6 x 60	20 + weights	Outdoors 20 + hill sprints	weights	Rick Scott Open - 300m , then 4 x 200	up to 40
Jan. 11	off or ez	2 x (3 x 200) 1 min/5min set break	20 + weights	speed 4 x 300/ on 6 minutes + 3 x 60	weights	10 to 15 steady + hill sprints	up to 40
Jan. 18	off or ez	2 x 1000 tempo + 6 x 60	20 + weights	Outdoors -20 + a few strides	Golden Bear 300m	Golden Bear Open 400	up to 30
Jan. 25	off or ez	speed 10 x 200/ on 2 minutes	20 + weights	3 x 300 on 12 mins + 3 x 150	weights	10 to 15 steady + hill sprints	up to 40
Feb. 1	off or ez	2 x 1000 tempo + 6 x 60	20 + weights	speed 8 x 150/ on 4 minutes	jog a bit + a few strides	ACAC Edmonton - 300 + 4 x 400 relay	up to 30
Feb. 8	off or ez	speed 10 x 200/ on 2 minutes	20 + weights	2 x 1000 tempo + 6 x 60	weights	10 to 15 steady + hill sprints	up to 30
Feb. 15	off or ez	2 x 300 on 12 mins + 6 x 150	20 + weights	speed 8 x 150/ on 4 minutes	weights	Amanda D Hippy Invite 300m + 4 x 200	up to 30
Feb. 22	off or ez	150 + 4 x 100 lots of rest	off	Outdoors - jog a bit + a few strides	ACAC Champs - Calgary	ACAC Champs - Calgary	off

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28/11/2015 (draft one)

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.

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