

# 2016 High School 3000m

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-mar	off or x-train	10+ 3 x 8/5 + 10	up to 45 ez	road hills - 20 min	up to 45 ez	tempo 20 steady + hill sprints	long run
14-mar	off or x-train	10 + 2 x 10/5 + 5 fast + 10	up to 45 ez	road hills - 25 min	up to 45 ez	tempo 25 steady+ hill sprints	long run
21-mar	off or x-train	20 + 12 x 1/1 + 10	up to 45 ez	road hills - 25 min	up to 45 ez	tempo 25 steady+ hill sprints	long run
28-mar	off or x-train	10+ 3 x 8/5 + 10	up to 45 ez	road hills - 30 min	up to 45 ez	tempo 30 steady+ hill sprints	long run
4-apr	off or x-train	20 + 12 x 1/1 + 10	up to 45 ez	road hills - 30 min	up to 45 ez	tempo 30 steady+ hill sprints	long run
11-apr	off or x-train	10 + 8 x 300 on 2 + 10	up to 45 ez	road hills - 30 min	up to 45 ez	tempo 30 steady+ hill sprints	long run
18-apr	off or x-train	6 x 800/200	up to 60 ez	10 x 300/100 jog	up to 45 ez	1000 TT + 20 tempo	long run
25-apr	off or x-train	1000-800-600-800-1000/200 jog	up to 60 ez	10 x 300/100 jog	up to 45 ez	30 tempo + 600-400-200	long run
2-may	off or x-train	6 x 800/200	up to 60 ez	12 x 300/100 jog	up to 45 ez	3 x 1000 on 8 + 4 x 150	long run
9-may	off or x-train	1000-800-600-800-1000/200 jog	up to 60 ez	8 x 400/100 jog	up to 45 ez	<b>Peace Country Classic - ASG Trials</b> 3000 and 1500 or 800	long run
16-may	off or x-train	3 x 800 + 6 x 150	up to 45 ez	16 x 200	up to 45 ez	20 tempo + 600-400-200	long run
23-may	off or x-train	30 + 4 x 400/ 400 jog	up to 45	30 + 6 x 100 strides	<b>Zone Champs - GP</b> 1500 4 x 4	<b>Zone Champs - GP</b> 3000 and 800	uo to 60
30-may	off or x-train	20 tempo + 600 + 3 x 150	up to 60 ez	jog a bit	<b>Prov High Schools - Edmonton</b> 1500 4 x 4	<b>Prov High Schools - Edmonton</b> 3000	jog a bit
6-jun	off or x-train	30 + 600-400-200	up to 45 ez	8 x 400/100	up to 45 ez	20 tempo + 3 x 400	uo to 60
13-jun	off or x-train	3 x 800 + 4 x 150	up to 45 ez	4 x 1000	up to 30	5000TT + 4 x 300	uo to 60
20-jun	off or x-train	20 tempo + 6 x 150	up to 45 ez	3 x 1200 on 10	up to 30	1000TT + 400-300-200	uo to 60
27-jun	off or x-train	800-600-400 + 3 x 200	jog 30	8 x 200/200 jog walk	jog a bit	<b>AA Provincials - Sherwood Park</b> 1500	<b>AA Provincials - Sherwood Park</b> 800 and 3000
4-jul	off or x-train	20 tempo + 6 x 150	up to 45 ez	3 x 1200 on 10	up to 30	2000TT + 4 x 300	uo to 60
11-Jul	off or x-train	20 tempo + 6 x 150	jog 30	<b>ASG - Leduc</b>	<b>ASG - Leduc</b>	<b>ASG - Leduc</b>	<b>ASG - Leduc</b>