

Wolves End of 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov. 21	up to 40 or x-train	50 mins - progressive - the last 10 minutes should be fast	up to 60	12 x 200 on 90	off or xtrain	up to 30 steady + 8 hill sprints	up to 75
Nov. 28	up to 40 or x-train	3 x 7/3	up to 60	16 x 200 on 90	off or xtrain	up to 30 steady + 8 hill sprints	up to 80
05-Dec	up to 40 or x-train	8 x 400 on 3	up to 60	up to 30 steady + 8 hill sprints	off or xtrain	4 x 1000 on 6	up to 90
12-Dec	up to 40 or x-train	12 x 300 on 2	up to 60	up to 30 steady + 8 hill sprints	off or xtrain	800 or 2000 TT	up to 90
19-Dec	up to 40 or x-train	20 x 200 on 90	up to 60	10 + 6 x 3/2 + 10	xtrain	up to 30 steady + 8 hill sprints	off
26-Dec	up to 75	20 + 12 x 1/1 + 10	up to 60	6-5-4-3-2-1-1-1 - 2 min jog recovery	off or Xtrain	up to 30 steady + 8 hill sprints	up to 90
02-Jan							
09-Jan							
16-Jan							
23-Jan							
30-Jan							
06-Feb							
13-Feb							

0. These are maximums - the senior athletes should be at the top end; the beginners will be much less than the top end

1. Numbers are minutes running - run at a comfortable pace unless otherwise specified (i.e. Tues, Thursday, Sat are workout days when you are running faster)

2. 10 x 1/1 - 10 one minute runs hard with 1 minute jog in between

3. Steady - about 15km race pace effort - a little faster than half marathon pace

4. 4 x 3/2 - 4 three minute runs at about 3 km pace or a bit slower with 2 minute jog in between

5. Hill sprint - a 10 to 12 second sprint up a fairly steep hill - walk back down very slowly in between - good recovery between reps