

2016 High School Spring Base

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-mar	off or x-train	10+ 3 x 10/3 + 10	up to 60 ez	road hills - 20 min	up to 45 ez	tempo 30 steady + hill sprints	long run
14-mar	off or x-train	10 + 2 x 12/3 + 5 fast + 10	up to 60 ez	road hills - 25 min	up to 45 ez	tempo 30 steady+ hill sprints	long run
21-mar	off or x-train	20 + 12 x 1/1 + 10	up to 60 ez	road hills - 25 min	up to 45 ez	tempo 35 steady+ hill sprints	long run
28-mar	off or x-train	10+ 3 x 10/3 + 10	up to 60 ez	road hills - 30 min	up to 45 ez	tempo 35 steady+ hill sprints	long run
4-apr	off or x-train	20 + 12 x 1/1 + 10	up to 60 ez	road hills - 30 min	up to 45 ez	tempo 40 steady+ hill sprints	long run
11-apr	off or x-train	10 + 8 x 300 on 2 + 10	up to 60 ez	road hills - 30 min	up to 45 ez	tempo 40 steady+ hill sprints	long run
18-apr							
25-apr							
2-may							Brian Harms
9-may						Peace Country Classic - ASG Trials	
16-may						U of A meet	
23-may						DHT Press Run	
30-may							NB 2 meet Calgary
6-jun							
13-jun						Caltaf Meet	Caltaf Meet
20-jun						Kirsten's Wedding	
27-jun						AA Provincials - Sherwood Park	AA Provincials - Sherwood Park
4-jul				AC Nats - Edm	AC Nats - Edm	AC Nats - Edm	AC Nats - Edm
11-Jul						NTL Meet - Edm	NTL Meet - Edm