

# 2016 High School Spring Base

	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							
25-apr							
2-may							
9-may						<b>Peace Country Classic - ASG Trials</b>	
16-may							
23-may					<b>Zone Champs - GP</b>	<b>Zone Champs - GP</b>	
30-may					<b>Prov High Schools - Edmonton</b>	<b>Prov High Schools - Edmonton</b>	
6-jun							
13-jun							
20-jun							
27-jun						<b>AA Provincials - Sherwood Park</b>	<b>AA Provincials - Sherwood Park</b>
4-jul							
11-Jul				<b>ASG - Leduc</b>	<b>ASG - Leduc</b>	<b>ASG - Leduc</b>	<b>ASG - Leduc</b>