

# 2016 College Road + a bit of Track (Josh and Brandon)

|        | 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 + 30 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 | 40 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                                  | off         | jog a bit + a few strides                                      | <b>Brian Harms</b>                |
| 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 3000 and 1500 or 800</b> | long run                          |
| 16-may | off or x-train   | 3 x 800 + 6 x 150             | up to 45 ez | 20 x 200  | up to 45 ez | 30 tempo + 600-400-200   | long run                          |
| 23-may | off or x-train   | 5 x 1000                      | up to 60 ez | 1000-800- 600 on 8 + 4 x 150 run at Wiggie's pace | jog a bit   | <b>DHT Press Run</b>   | run an hour or so                 |
| 30-may | off or x-train   | 1000-800-600-800-1000/200 jog | up to 60 ez | 10 x 400/100 jog                                  | 30 ez       | 2000-2000-1000   | long run                          |
| 6-jun  | off or x-train   | 30 + 600-400-200              | up to 45 ez | 8 x 400/100                                       | up to 45 ez | 30 tempo + 3 x 400   | uo to 60                          |
| 13-jun | off or x-train   | 3 x 800 + 4 x 150             | up to 45 ez | 30 + 6 x 200/200                                  | up to 30    | <b>Caltaf Meet - Calgary 1500</b>                              | <b>Caltaf Meet - Calgary 5000</b> |
| 20-jun | Help Coach - do workouts to help others and start to prep for XC |                               |             |   |             |  |                                   |
| 27-jun |  |                               |             |   |             |  |                                   |
| 4-jul  |  |                               |             |   |             |  |                                   |
| 11-Jul |  |                               |             |   |             |  |                                   |