

2016 Wiggie Track 800 and 1500

	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 35steady+ 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	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 500 on 8 + 4 x 150	Brian Harms + run a bit after
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	Peace Country Classic - ASG Trials 800 and 400	long run
16-may	off or x-train	3 x 800 + 6 x 150	up to 45 ez	8 x 200/200 jog walk	jog a bit	U of A meet 800 and 1500	jog a bit
23-may	off or x-train	30 + 4 x 400/ 400 jog	up to 60 ez	1000-800- 600 on 8 + 4 x 150	jog a bit	DHT Press Run + 8 x 200	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	up to 45 ez	kirsten's staggette 1000 + 600 + 3 x 300	run an hour or so
6-jun	off or x-train	2000 + 3 x 400	up to 45 ez	3 x 300 + 3 x 150	jog a bit	Meet on the Coast?	
13-jun	off or x-train	20 tempo + 3 x 300	up to 45 ez	8 x 200/200 jog walk	jog a bit	Caltaf Meet 1500	Caltaf Meet 800
20-jun	off or x-train	20 tempo + 6 x 150	up to 45 ez	3 x 600 on 8	10 x 200	Kirsten's Wedding jog a bitT	60 pick up the last 30
27-jun	off or x-train	800-600-400 + 3 x 200	jog 30	8 x 200/200 jog walk	jog a bit	AA Provincials - Sherwood Park 1500	AA Provincials - Sherwood Park 800
4-jul	off or x-train	3 x 300 + 3 x 150	jog	AC Nats - Edm 800	AC Nats - Edm 1500	AC Nats - Edm	AC Nats - Edm
11-Jul	off or x-train	20 tempo + 3 x 300	jog	1000 + 3 x 200	jog	NTL Meet - Edm	NTL Meet - Edm