

Brandon Plan 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-may	off or up to 30	6 x 800	up to 60	12 x 300 eq rest	up to 45	2000TT + 6 x 200	run up to 90
8-may	off or up to 30	1000-800-600-800-1000	up to 60	8 x 400 eq rest	jog + a few strides	PCC Meet - GP	Brian Harms
15-may	off or up to 30	20 steady + 6 x 200	up to 60	6 x 600 eq rest	up to 45	3 x 1200 + 3 x 150 5 mins rest	run up to 90
22-May	off or up to 30	6 x 800	up to 60	10 + 20 HMP + 10	jog + a few strides	Press Run	jog a bit
29-May	up to 60	20 steady + 6 x 200	up to 60	up to 40 + a few strides	jog + a few strides	J to B Relay	jog a bit
05-Jun	up to 60	16 x 200 1 min rest	up to 60	20 steady + 400-300-200	up to 45	3 x 1200 + 3 x 150 5 mins rest	run up to 90
12-Jun	off or up to 30	6 x 800	up to 60	40 tempo + a few strides	up to 45	40 pick up the last 10 + hill sprints	run up to 100
19-Jun	off or up to 30	20 steady + 4 x 300	up to 60	45 tempo + a few strides	up to 45	3 x 1200 + 3 x 150 5 mins rest	run up to 100
26-Jun	off or up to 30	16 x 200 1 min rest	up to 60	50 tempo + a few strides	up to 45	2000TT + 6 x 200	run up to 100
03-Jul	off or up to 30	2k-1,6k-1.2k-800-400	up to 60	20 steady + 6 x 200	up to 45	40 pick up the last 10 + hill sprints	75
10-Jul	off or up to 30	4 x 2000	up to 60	55 Tempo + a few strides	up to 45	40 pick up the last 10 + hill sprints	up to 100
17-Jul	off or up to 30	3000-2000- 2 x 1000	up to 60	60 tempo + a few strides	up to 45	20 steady + 6 x 200	up to 100
24-Jul	off or up to 30	8 x 400	up to 60	10 + 5 mile TT + 10	up to 45	40 pick up the last 10 + hill sprints	75
31-Jul	off or up to 30	2k-1,6k-1.2k-800-400	up to 60	10 + 60 tempo + 10	up to 45	40 pick up the last 10 + hill sprints	up to 100
07-Aug	off or up to 30	3000-2000- 2 x 1000	up to 60	10 + 40 tempo + 10	up to 30	20 steady + 6 x 200	75
14-Aug	off	10 + 20 HMP + 10	jog 30	10 + 10 HMP + 10	jog 30 + a few strides	jog a bit	Edm Half Marathon
21-Aug							
28-Aug							
05-Sep							
12-Sep							