

High School Track 2017 3000 and 1500

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-may	off	6 x 800	up to 45	12 x 300 eq rest	up to 45	2000TT + 6 x 200	run up to 70
8-may	off	1000-800-600-800-1000	up to 45	8 x 400 eq rest	jog + a few strides	PCC Meet - GP	run ez up to 45
15-may	off	20 steady + 6 x 200	up to 45	6 x 600 eq rest	up to 45	3 x 1200 + 3 x 150 5 mins rest	run up to 70
22-May	off	6 x 800	up to 45	jog + a few strides	Zones	Zones	run ez up to 45
29-May	off	20 steady + 6 x 200	up to 45	jog + a few strides	HS Provs	HS Provs	run ez up to 45
05-Jun	off	16 x 200 1 min rest	up to 45	20 steady + 400-300-200	up to 45	3 x 1200 + 3 x 150 5 mins rest	run up to 70
12-Jun	off	6 x 800	up to 45	4 x 400 5 min rest	jog + a few strides	Legion Trials - Calgary	Legion Trials - Calgary
19-Jun	off	20 steady + 4 x 300	up to 45	6 x 600 eq rest	up to 45	3 x 1200 + 3 x 150 5 mins rest	run up to 70
26-Jun	off	4 x 1000 5 min rest	up to 45	8 x 400 eq rest	up to 45	20 steady + 4 x 300	run up to 70
03-Jul	off	16 x 200 1 min rest	up to 45	6 x 600 eq rest	up to 45	2000TT + 6 x 200	run up to 60
10-Jul	off	4 x 1000 5 min rest	up to 45	20 steady + 6 x 200	up to 45	1000TT + 3 x 300	run up to 60
17-Jul	off	1600 fast + 6 x 200	up to 45	4 x 400 5 min rest	jog + a few strides	Provincials - Sher Park	Provincials - Sher Park