

# High School Track 2017 800 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	1000TT + 6 x 200	run up to 70
8-may	off	4 x 3 x 200 short rest	up to 45	8 x 400 eq rest	jog + a few strides	<b>PCC Meet - GP</b>	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 500 + 3 x 150 5 mins rest	run up to 70
22-May	off	4 x 3 x 200 short rest	up to 45	jog + a few strides	<b>Zones</b>	<b>Zones</b>	run ez up to 45
29-May	off	20 steady + 6 x 200	up to 45	jog + a few strides	<b>HS Provs</b>	<b>HS Provs</b>	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	600-500-400 + 3 x 150 5 mins rest	run up to 70
12-Jun	off	3 x 4 x 200 short rest	up to 45	4 x 400 5 min rest	jog + a few strides	<b>Legion Trials - Calgary</b>	<b>Legion Trials - Calgary</b>
19-Jun	off	20 steady + 4 x 300	up to 45	8 x 400 eq rest	up to 45	600-500-400 + 3 x 150 5 mins rest	run up to 70
26-Jun	off	3 x 4 x 200 short 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	1000TT + 6 x 200	run up to 60
10-Jul	off	3 x 800 lots of rest	up to 45	20 steady + 6 x 200	up to 45	600TT + 3 x 300	run up to 60
17-Jul	off	1000 fast + 6 x 200	up to 45	4 x 400 5 min rest	jog + a few strides	<b>Provincials - Sher Park</b>	<b>Provincials - Sher Park</b>