

2017 Spring Base

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13-mar	off or x-train	10 + 2 x 12/3 + 5 fast + 10	up to 60 ez	road hills - 25 min + 6 hill sprints	up to 45 ez	tempo up to 30 steady+ longer hill sprints	long run
20-mar	off or x-train	20 + 12 x 1/1 + 10	up to 60 ez	road hills - 25 min+ 6 hill sprints	up to 45 ez	tempo up to 35 steady+ longer hill sprints	long run
27-mar	off or x-train	10+ 3 x 10/3 + 10	up to 60 ez	road hills - 30 min+ 6 hill sprints	up to 45 ez	tempo up to 35 steady+ longer hill sprints	long run
3-apr	off or x-train	20 + 12 x 1/1 + 10	up to 60 ez	road hills - 30 min+ 6 hill sprints	up to 45 ez	tempo up to 40 steady+ longer hill sprints	long run
10-apr	off or x-train	10 + 8 x 300 on 2 + 10	up to 60 ez	road hills - 30 min+ 6 hill sprints	up to 45 ez	tempo up to 40 steady+ longer hill sprints	long run
17-apr	off or x-train	6 x 800/200	up to 60 ez	10 x 300/100 jog	up to 45 ez	5000 TT + hill sprints	long run
24-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
1-may							
8-may						Peace Country Classic	Brian Harms
15-may							
22-may					Zones	Zones/DHT Press Run	
29-may					High School Provs	High School Provs	
5-jun						Pee Wee, Bantam Provs	Pee Wee, Bantam Provs
12-jun					Legion Trials	Legion Trials	Legion Trials
19-jun					CSG Trials	CSG Trials	CSG Trials
26-jun							
3-jul							
10-Jul							
17_jul						AA Provs	AA Provs