

2017 Indoors 300-400

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
02-Jan	x-train	6 x 300	up to 30	10 tempo + hill sprints	off or Xtrain	2 x 600 + sprints	up to 40
09-Jan	x-train	3 x 300 - 10 min rest	up to 30	10 tempo + hill sprints	off or Xtrain	Rick Scott Open 300TT + sprints	up to 40
16-Jan	x-train	5 x 200	up to 30	10 tempo + hill sprints	off or Xtrain	3 x 300 10 min rest	up to 40
23-Jan	x-train	2 x 600 + sprints	x train ez	10 tempo + a few hill sprints	jog a bit + few strides	Edmonton Meet	up to 30
30-Jan	x-train	6 x 200	up to 30	10 tempo + hill sprints	off or Xtrain	3 x 300 10 min rest	up to 40
06-Feb	x-train	2 x 600 + sprints	x train ez	10 tempo + a few hill sprints	jog a bit + few strides	Meet or TT?	up to 30
13-Feb	x-train	4 x 400	up to 30	8 x garbage cans	off or Xtrain	20 tempo + hill sprints	up to 40
20-Feb	x-train	500-300-200-200	x train ez	10 tempo + hill sprints	off or Xtrain	Amanda D Hippy Invit 400 TT + sprints	up to 30
27-Feb	xtrain a bit	300 + sprints	x train ez	jog a bit + a few strides	ACAC - Leth	ACAC - Leth	off
06-Mar							

0. These are maximums - the senior athletes should be at the top end; the beginners will be much less than the top end
1. Numbers are minutes running - run at a comfortable pace unless otherwise specified (i.e. Tues, Thursday, Sat are workout days when you are running faster)
2. 10 x 1/1 - 10 one minute runs hard with 1 minute jog in between
3. Steady - about 15km race pace effort - a little faster than half marathon pace
4. 4 x 3/2 - 4 three minute runs at about 3 km pace or a bit slower with 2 minute jog in between
5. Hill sprint - a 10 to 12 second sprint up a fairly steep hill - walk back down very slowly in between - good recovery between reps