

2017 Indoors 600-1500

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
02-Jan	up to 40 or x-train	12 x 300	up to 60	20 tempo + hill sprints	off or Xtrain	3 x 500 + 3 x 200	up to 75
09-Jan	up to 40 or x-train	3 x 1000 - 5 min rest + 3 x 200	up to 60	20 tempo + hill sprints	off or Xtrain	Rick Scott Open 1000TT + 3 x 300	up to 75
16-Jan	up to 40 or x-train	5 x 600	up to 60	20 tempo + hill sprints	off or Xtrain	3 x 500 + 3 x 200	up to 90
23-Jan	up to 40 or x-train	800-600-400 + sprints	30 ez	10 tempo + a few hill sprints	jog a bit + few strides	Edmonton Meet	up to 60
30-Jan	up to 40 or x-train	12 x 200	up to 60	20 tempo + hill sprints	off or Xtrain	3 x 500 + 3 x 200	up to 90
06-Feb	up to 40 or x-train	12 x 300	30 ez	10 tempo + a few hill sprints	jog a bit + few strides	Meet or TT?	up to 45
13-Feb	up to 40 or x-train	8 x 400	up to 60	16 x garbage cans	off or Xtrain	20 tempo + hill sprints	up to 75
20-Feb	up to 40 or x-train	4 x 600 + sprints	up to 45	20 tempo + hill sprints	off or Xtrain	Amanda D Hippy Invit 800 TT + 6 x 150	up to 60
27-Feb	xtrain a bit	600 + 5 x 200	30 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