

## 2018 Indoors 1500-3000 (revised Jan 16)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov. 20		<b>Crosslink</b> 12 x 250	x-train	<b>Outside - College</b> 40 progressive + 6 hill sprints	off or xtrain	<b>Crosslink</b> 4 x 1000	up to 75
Nov. 27	up to 45	<b>Crosslink</b> 10 x 300	up to 45	<b>Outside - College</b> 40 progressive + 8 hill sprints	off or xtrain	On your Own 6 x 3/2	up to 75
04-Dec	up to 45	<b>Crosslink</b> 14 x 250	up to 45	<b>Outside - College</b> 45 progressive + 8 hill sprints	off or xtrain	<b>Crosslink</b> 5 x 1000	up to 80
11-Dec	up to 45	<b>Crosslink</b> 12 x 300	up to 50	<b>Outside - College</b> 45 progressive + 8 hill sprints	off or xtrain	1250-1000-750-500- 2x200	up to 80
18-Dec	up to 45	<b>Crosslink</b> 14 x 250	up to 55	<b>Outside - College</b> 50 progressive + 8 hill sprints	off or xtrain	<b>Crosslink</b> 2000 TT + 10 x straights	up to 90
25-Dec	off	On your own 10 + 20 steady + 10 + 8 hill sprints	up to 60	<b>Eastlink</b> 8 x 400	Xtrain	On your own 50 progressive + 8 hill sprints	up to 90
01-Jan	off	<b>Crosslink</b> 3 x 800 + 3 x 150	up to 60	50 progressive + 8 hill sprints	off or xtrain	<b>Crosslink</b> 1250-1000-750-500- 2x200	up to 90
08-Jan	up to 45	<b>Crosslink</b> 12 x 300	up to 60	50 Fartlek + 8 hill sprints	off or xtrain	<b>Rick Scott Open</b> 1000TT + 2 x 300 + sprints	up to 75
15-Jan	up to 45	<b>Crosslink</b> 14 x 250 on 90 seconds	up to 60	50 progressive + 8 hill sprints	off or xtrain	4 x 1000/3min rest + 2 x 300/ lap jog	up to 90
22-Jan	up to 45	<b>Crosslink</b> 4 x 600/ 5 min rest + 2 x 300/ lap jog	up to 45	30 ez + 8 hill sprints	jog a bit	<b>Edmonton Meet</b>	up to 60
29-Jan	up to 45	<b>Crosslink</b> 8 x 300 on 3 mins	up to 45	30 ez + 8 hill sprints	jog a bit	<b>Calgary Meet</b>	up to 60
05-Feb	up to 45	<b>Crosslink</b> 6 x 500 on 5 mins	up to 45	30 ez + 8 hill sprints	Jog a bit	<b>Crosslink</b> 4 x 1000/3min rest + 2 x 300/ lap jog	up to 90
12-Feb	up to 45	<b>Crosslink</b> 12 x 300 on 2 mins	up to 60	50 progressive + 8 hill sprints	off or xtrain	10 + 6 x 3/2 + 10	up to 90
19-Feb	up to 45	<b>Crosslink</b> 1250-1000-750/lap jog+ 2 x 400	up to 60	50 Fartlek + 8 hill sprints	off or xtrain	<b>Crosslink</b> 2 x 1250/ 8 min rest then 6 x 200 lap jog	up to 80
26-Feb	up to 45	<b>Crosslink</b> 4 x 600/ 5 min rest + 2 x 300/ lap jog	up to 45	50 Fartlek + 8 hill sprints	off or xtrain	<b>Amanda D Hippy</b> Invit 2000 TT + 2 x 300 + sprints	up to 60
05-Mar	up to 45	<b>Crosslink</b> 1000(3k pace) + 4 x 200 lap jog	up to 30	jog a bit + a few strides	<b>ACAC - Edm</b>	<b>ACAC - Edm</b>	off

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. Run the first 50% to 60% fairly ez, gradually pick up the second half of the run. Should be running 5 km pace by the last few minutes

4. Hill sprint - a 10 to 12 second sprint up a fairly steep hill - walk back down very slowly in between - good recovery between reps

5. Xtrain = something aerobic like swimming, elliptical, stationary rowing or exercise bike for up to 30 minutes

6. Weights - good idea to be in the weight room 2 or 3 times a week (avoid Tuesday and Thursday b4 workouts if possible). Weights are supplementary - don't compromise your workout

7. Morning runs (Senior athletes) - Nothing wrong with running an ez 20 or 30 minutes Tues morn, Thursday morn, and/or Sat late afternoon. Alternatively, you could ez xtrain here instead

**DO SOMETHING EVERY DAY TO MAKE YOU A BETTER ATHLETE ... even if that means a rest day**