

2018 Indoors 300-400 (revised Jan 16)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov. 20		Crosslink 6 x 200	x-train	Outside - College 20 progressive + 12 hill sprints	off or xtrain	Crosslink 600-500-400	up to 30
Nov. 27	x-train	Crosslink 5 x 300	x-train	Outside - College 20 progressive + 12 hill sprints	off or xtrain	On your Own 15 x hill sprints	up to 30
04-Dec	x-train	Crosslink 7 x 200	jog up to 30 Ez	Outside - College 20 progressive + 12 hill sprints	off or xtrain	Crosslink 600-500-400	up to 40
11-Dec	x-train	Crosslink 6 x 300	jog up to 30 Ez	Outside - College 20 progressive + 12 hill sprints	off or xtrain	Crosslink 800 + 10 x straights	up to 40
18-Dec	x-train	Crosslink 7 x 200	jog up to 30 Ez	Outside - College 20 progressive + 12 hill sprints	xtrain	Crosslink 300 TT + 10 x straights	up to 40
25-Dec	off	On your own 15 + 10 x 1/1 + 5	jog up to 30 Ez	Eastlink 400-300-200-200	Xtrain	On your Own 15 x hill sprints	up to 40
01-Jan	off	Crosslink 8 x 150	xtrain	20 + 12 hill sprints	off or xtrain	Crosslink 600 + sprints	up to 40
08-Jan	off	Crosslink 2 x (3 x 200) on 75secs/ 3-4 min set break + Sprints	jog up to 30 Ez	20 + 12 hill sprints	off or xtrain	Rick Scott Open 300TT + sprints	up to 40
15-Jan	off	Crosslink 2 x (3 x 200) on 75secs/ 3-4 min set break + Sprints	jog up to 30 Ez	20 + 12 hill sprints	off or xtrain	Crosslink 3 x 300/ 10 min break	up to 40
22-Jan	off	Crosslink 600 + 3 x 200 good rest	x train	20 + 6 hill sprints	off	Edmonton Meet	up to 30
29-Jan	off	Crosslink 4 x 300 on 6 minutes tempo pace	x train	20 + 6 hill sprints	off or xtrain	Calgary Meet	up to 30
05-Feb	off	Crosslink 600 + 3 x 200 good rest	jog up to 30 Ez	20 + 12 hill sprints	off	Crosslink 3 x 300/ 10 min break	up to 40
12-Feb	off	Crosslink 4 x 200 on 75secs/ 3-4 min set break + 3 x 150 good rest	jog up to 30 Ez	20 + 12 hill sprints	off or xtrain	8 x garbage cans - walk back	up to 40
19-Feb	off	Crosslink 3 x 300/ 10 min rest	jog up to 30 Ez	20 + 12 hill sprints	off or xtrain	Crosslink 500 TT + sprints	up to 30
26-Feb	off	Crosslink 3 x 300/ 10 min rest	x train	20 + 12 hill sprints	off or xtrain	Amanda D Hippy Invit 400 TT + sprints	
05-Mar	off	Crosslink 3 x 150/ 7 mins rest	x train	jog a bit + a few strides	ACAC - Edm	ACAC - Edm	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

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