

2018 Indoors 600-1000 (revised Jan 16, 2018)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------|---|-----------|---|-------------------|---|----------|
| Nov. 20 | | Crosslink 12 x 250 | x-train | Outside - College 40 progressive + 6 hill sprints | off or xtrain | Crosslink 4 x 600 | up to 75 |
| Nov. 27 | up to 45 | Crosslink 10 x 300 | up to 45 | Outside - College 40 progressive + 8 hill sprints | off or xtrain | On your Own 6 x 3/2 | up to 75 |
| 04-Dec | up to 45 | Crosslink 14 x 250 | up to 45 | Outside - College 45 progressive + 8 hill sprints | off or xtrain | Crosslink 5 x 600 | up to 80 |
| 11-Dec | up to 45 | Crosslink 12 x 300 | up to 50 | Outside - College 45 progressive + 8 hill sprints | off or xtrain | Crosslink 4 x 500 + 2 x 200 | up to 80 |
| 18-Dec | up to 45 | Crosslink 14 x 250 | up to 55 | Outside - College 50 progressive + 8 hill sprints | off or xtrain | Crosslink 1000 TT + 10 x straights | up to 90 |
| 25-Dec | off | On your own 10 + 20 steady + 10 + 8 hill sprints | up to 60 | Eastlink 8 x 400 | Xtrain | On your own 50 progressive + 8 hill sprints | up to 90 |
| 01-Jan | off | Crosslink 3 x 500 + 3 x 150 | up to 60 | 50 progressive + 8 hill sprints | off or xtrain | Crosslink 1000-800-600/ 5 min 2x200 | up to 90 |
| 08-Jan | up to 45 | Crosslink 4 x (3 x 200) on 75secs/ 3-4 min set break | up to 60 | 50 Fartlek + 8 hill sprints | off or xtrain | Rick Scott Open 800TT + 2 x 300 + sprints | up to 75 |
| 15-Jan | up to 45 | Crosslink 4 x (3 x 200) on 75secs/ 3-4 min set break | up to 60 | 50 progressive + 8 hill sprints | off or xtrain | Crosslink 3 x 500/7 min rest + sprints | up to 90 |
| 22-Jan | up to 45 | Crosslink 4 x 600/ 5 min rest + 2 x 300/ lap jog | up to 45 | 30 ez + 8 hill sprints | jog a bit | Edmonton Meet | up to 60 |
| 29-Jan | up to 45 | Crosslink 8 x 300 on 3 minutes | up to 45 | 30 ez + 8 hill sprints | jog a bit | Calgary Meet | up to 60 |
| 05-Feb | up to 45 | Crosslink 500-400-300-3 x 200 lap jog rest | up to 60 | 50 progressive + 8 hill sprints | off or xtrain | Crosslink 3 x 500/7 min rest + sprints | up to 60 |
| 12-Feb | up to 45 | Crosslink 3 x (4 x 200) on 75secs/ 3-4 min set break | 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 | Crosslink 3 x (4 x 200) on 75secs/ 3-4 min set break | up to 60 | 50 Fartlek + 8 hill sprints | off or xtrain | Crosslink 600-500-400-300-200/7 min rest | up to 80 |
| 26-Feb | up to 45 | Crosslink 8 x 300 on 5 minutes | up to 45 | 50 Fartlek + 8 hill sprints | off or xtrain | Amanda D Hippy Invit 600 TT + 2 x 300 + sprints | up to 60 |
| 05-Mar | up to 45 | Crosslink 600(1500m pace) + 4 x 200/ lap jog rest | up to 30 | 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

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