

Spring/Summer 2018 High School Plan							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26-Mar	off or up to 30	Hill loops 25 mins	up to 60	6 x 3/2	up to 45	up to 30 tempo + hill sprints	up to 75
02-Apr	off or up to 30	Hill loops 30 mins	up to 60	6-5-4-3-2 - 3 x 1	up to 45	up to 30 tempo + hill sprints	up to 75
09-Apr	off or up to 30	Hill loops 30 mins	up to 60	10 x 300 on 2 mins	up to 45	up to 30 tempo + hill sprints	up to 75
16-Apr	off or up to 30	Hill loops 35 mins	up to 60	12 x 300 on 2 mins	up to 45	up to 30 tempo + hill sprints	up to 75
23-Apr	off or up to 30	Track	up to 60	Track	up to 45	Track	up to 75
30-Apr	off or up to 30	Track	up to 60	Track	up to 45	Track - Time Trial	up to 75
07-May	off or up to 30	Track	up to 60	Track	off	PC Classic - GP	up to 60
14-May							
21-May					Zones	Zones	
28-May					HS Provs	HS Provs	
04-Jun							
11-Jun					Caltaf Meet - Calgary	Caltaf Meet - Calgary	Caltaf Meet - Calgary
18-Jun							
25-Jun							
02-Jul							
09-Jul						AA Provs - Calgary	AA Provs - Calgary
16-Jul					ASG	ASG	ASG

1. Volumes and workouts are MAXIMUMS i.e. like what Chris, lil B, or Kobe would do. Your workouts may be shorter.