

<b>Spring/Summer 2018 Road Race Plan</b>							
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
26-Mar	off or up to 45	Hill loops 25 mins	up to 75	6 x 3/2	up to 45	up to 35 tempo + hill sprints	up to 100
02-Apr	off or up to 45	Hill loops 30 mins	up to 75	6-5-4-3-2 + 3 x 1/2 min job	up to 45	up to 40 tempo + hill sprints	up to 110
09-Apr	off or up to 45	Hill loops 30 mins	up to 75	10 x 300 on 2 mins	up to 45	up to 40 tempo + hill sprints	up to 120
16-Apr	off or up to 45	Hill loops 35 mins	up to 75	12 x 300 on 2 mins	up to 45	up to 45 tempo + hill sprints	up to 90
23-Apr	off or up to 45	Short tempo + a few reps	up to 75	10 x 400 on 2.5 minutes	up to 45	up to 50 tempo + 3 x 200	up to 120
30-Apr	off or up to 45	Track - Longer Reps	up to 75	8 x 600m on 4 mins	up to 45	5 km on the track + 400-300-200	up to 100
07-May	off or up to 45	Track - Longer Reps	up to 60	Track - shorter sprints	off	<b>PC Classic - GP</b>	<b>Brian Harms 15 km</b>
14-May							
21-May						<b>Press Run</b>	
28-May					<b>HS Provs</b>	<b>HS Provs</b>	
04-Jun							
11-Jun							
18-Jun							
25-Jun							
02-Jul							
09-Jul							
16-Jul							
1. Workouts and times are MAXIMUMS- i.e. Something that Big B would do. Your volumes will likely be smaller							