

Spring/Summer 2018 High School Plan							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23-Apr	off or up to 30	(4 x 1000 or 6 x 500) + hill sprints	up to 60	12 x 300 on 2 mins	up to 45	20 tempo + 600/400/2 x 200	up to 75
30-Apr	off or up to 30	(2000/1600/1200/800 with 200 jog or 1000/800/600/400 with 200 jog) + 4 x 100	up to 60	8 x 400 on 3 mins or 4 x (3x200) on 75 secs/ 4 mins	up to 45	(2000m TT or 1000m TT) + 3 x 300	up to 75
07-May	off or up to 30	2 x 400/300/200 or 2 x 600/400/200 - 2 min rest	up to 60	3 x 300 on 5 mins + 6 x 150m progressives	off	PC Classic - GP	up to 60
14-May	off or up to 30	(2000/1600/1200/800 with 200 jog or 1000/800/600/400 with 200 jog) + 4 x 100	up to 60	8 x 400 on 3 mins or 4 x (3x200) on 75 secs/ 4 mins	up to 45	20 tempo + 600/400/2 x 200	up to 75
21-May	off or up to 30	(3 x 1000 on 7 mins or 3 x 500 on 7 mins) + 6 x 150m progressive	up to 45	20 + 6 strides	Zones	Zones	up to 45
28-May	off	20 tempo + 6 x 200	up to 45	20 + 6 strides	HS Provs	HS Provs	off
04-Jun	up to 60	20 tempo + 4 x 300	up to 45	10 x 400 on 3 mins or 3 x (4x200) on 75 secs/ 4 mins	up to 40	(3 x 1000 on 7 mins or 3 x 500 on 7 mins) + 6 x 150m progressive	up to 60
11-Jun	off	20 tempo + 6 x 200	up to 30	20 + 6 strides	Caltaf Meet - Calgary	Caltaf Meet - Calgary	Caltaf Meet - Calgary
18-Jun	up to 30	30 fartlek + 6 x 150m progressive	up to 30	10 x 400 on 3 mins or 3 x (4x200) on 75 secs/ 4 mins	up to 40	20 tempo + 4 x 300	up to 60
25-Jun	up to 30	(3 x 1000 on 7 mins or 3 x 500 on 7 mins) + 6 x 150m progressive	up to 30	20 x 200m on 75 seconds - 1500m pace	up to 40	(Mile TT or 1000m TT) + 200m TT + 4 x 100m crisp	up to 60
02-Jul	up to 30	20 tempo + 6 x 200	up to 30	3 x 1200m on 7 minutes or 3 x 600m on 7 minutes	up to 40	(1000m or 600m TT) + 400m TT + 3 x 150 progressive	up to 60
09-Jul	off	20 tempo + 4 x 300	up to 30	6 x 200m walk/jog back	20 + 6 strides	AA Provs - Calgary	AA Provs - Calgary
16-Jul	off	10 tempo + (2 x 1000m or 2 x 600) + 3 x 150 progressive	30 + a few strides	20 + 6 strides	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.