

<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	(4 x 1000 <b>or</b> 6 x 500) + hill sprints	up to 75	12 x 300 on 2 mins	up to 45	up to 50 tempo + 2 x 200	up to 120
30-Apr	off or up to 45	(2000/1600/1200/800 with 200 jog + 4 x 100	up to 75	8 x 400 on 3 mins	up to 45	5 km on the track + 2 x 300	up to 100
07-May	off or up to 45	2 x 600/400/200 - 2 min rest	up to 60	30 fartlek + 3 x 200	off	<b>PC Classic - GP</b> (help + run the 3000?)	<b>Brian Harms 16 km</b>
14-May	jog or off	30 fartlek	up to 75	8 x 400 on 3 mins	up to 45	up to 50 tempo + 2 x 200	up to 90
21-May	off or up to 45	3 x 1000 on 7 mins+ 6 x 150m progressive	up to 45	20 mins of hill loops	20 + strides (help with Zones)	<b>Press Run</b>	jog or off
28-May	up to 30	30 fartlek	up to 45	20 mins of hill loops	20 + strides	<b>Jasper Banff Relay</b>	jog or off
04-Jun	up to 30	20 tempo + 4 x 300	up to 60	20 mins of hill loops	up to 30	3 x 1000 on 7 mins + 6 x 150 progressive	up to 90
11-Jun	up to 30	20 tempo + 6 x 200	up to 75	30 mins of hill loops	up to 45	up to 50 tempo + 2 x 200	up to 100
18-Jun	up to 30	30 fartlek + 6 x 150m progressive	up to 75	30 mins of hill loops	up to 45	up to 50 tempo + 2 x 300	up to 110
25-Jun	up to 30	3 x 1000 on 7 mins+ 6 x 150m progressive	up to 60	20 x 200m on 75 seconds - 1500m pace	up to 30	Mile TT + 4 x 600 cruise	up to 90
02-Jul	up to 30	20 tempo + 6 x 200	up to 75	35 mins of hill loops	up to 45	up to 50 tempo + 2 x 200	up to 120
09-Jul	up to 30	20 tempo + 4 x 300	up to 75	35 mins of hill loops	up to 45	up to 50 tempo + 2 x 300	up to 120
16-Jul	up to 30		up to 75		<b>Help with ASG</b>	<b>Help with ASG</b>	<b>Help with ASG</b>
23-Jul							
30-Jul							
05-Aug						<b>Emperor's Challenge</b>	
1. Workouts and times are MAXIMUMS- i.e. Something that Big B would do. Your volumes will likely be smaller							