

Spring/Summer 2018 Big Mir Plan								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
21-May	off or up to 45	3 x 1200 on 8 mins+ 3 x 400 progressive	up to 45	16 x 200m hills - jog back recovery	up to 45	30 tempo + 1000m + 4 x 100	up to 90	
28-May	up to 30	10 x 400 on 3	up to 45	2000-1600-1200-800 lap jog	up to 45	30 tempo + 1000m + 4 x 100	up to 90	
04-Jun	up to 30	2000 @ 5km pace + 4 x 600 cruise	up to 60	30 + 4 x 200 stride	travel - jog a bit	5000m Portland	jog a bit	
11-Jun	up to 60	20 tempoish + 6 x 200	up to 75	10 x 400 on 3	up to 45	2000m TT + 4 x200 - lots of rest	up to 80	
18-Jun	up to 30	3 x 1200 on 8 mins+ 3 x 400 progressive	up to 75	16 x 200m hills - jog back recovery	jog a bit	1500m Edmonton (run a bit after - extended cool down)	up to 80	
25-Jun	up to 30	20 tempoish + 4 x 300	up to 60	20 x 200m on 75 seconds - 1500m pace	up to 30	2000 @ 5km pace + 4 x 600 cruise	up to 80	
02-Jul	up to 30	30 + 3 x 300 - get legs moving	Travel - Jog at bit	5000m Nationals	jog	jog	jog	
09-Jul			Week off - run a bit if and when you feel like it					
16-Jul	up to 30	30 fartlek	up to 30	8 x 300 @ 1500 pace	up to 40	1000TT + 20 steady	up to 70	
23-Jul	up to 30	3 x 1000 + 4 x 100	up to 30	2 x 600 + 4 x 100	jog a bit	1500m AB Provs	3000m AB Provs	
30-Jul								
05-Aug								
1. Workouts and times are MAXIMUMS-								
2. Additional a.m. runs on workout days or x-training is ok								
3. AB Provs is not really serious - run it to score points for funding next year								
4. We'll adjust the workouts as necessary								