

## 2019 Indoors 1500-3000

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov. 26		<b>Crosslink</b> 12 x 250	x-train	<b>Outside - College</b> 40 progressive + 6 hill sprints	off or xtrain	<b>Crosslink</b> 4 x 1000	up to 75
Dec. 3	up to 45	<b>Crosslink</b> 10 x 300	up to 45	<b>Outside - College</b> 40 progressive + 8 hill sprints	off or xtrain	On your Own 6 x 3/2	up to 75
Dec. 10	up to 45	<b>Crosslink</b> 14 x 250	up to 45	<b>Outside - College</b> 45 progressive + 8 hill sprints	off or xtrain	<b>Crosslink</b> 5 x 1000	up to 80
Dec. 17	up to 45	<b>Crosslink</b> 12 x 300	up to 50	<b>Outside - College</b> 45 progressive + 8 hill sprints	off or xtrain	<b>Crosslink</b> 1250- 1000-750-500- 2x200	up to 80
Dec. 24	On your own 10 + 20 steady + 10 + 8 hill sprints	off	up to 55	<b>Outside - College</b> 50 progressive + 8 hill sprints	off or xtrain	<b>Crosslink</b> 2000 TT + 10 x straights	up to 90
Dec. 31	Eastlink - on your own 5 x 1000	off	up to 60		Xtrain		up to 90
Jan. 7	off		up to 60		off or xtrain	Rick Scott Open - Crosslink	up to 90
Jan. 14	up to 45		up to 60		off or xtrain		up to 75
Jan. 21	up to 45		up to 60		off or xtrain	<b>Edmonton Meet</b>	up to 90
Jan. 28	up to 45		up to 45		jog a bit		up to 60
Feb. 4	up to 45		up to 45		jog a bit	Time Trial - Clever Name to Follow - Crosslink	up to 60
Feb. 11	up to 45		up to 45		Jog a bit	<b>AB Indoor Games - Edmonton (A list only)</b>	up to 90
Feb. 18	up to 45		up to 60		off or xtrain		up to 90
Feb. 25	up to 45		up to 60		off or xtrain	<b>Edmonton - Meet</b>	up to 80
Mar. 4	up to 45		up to 45		off or xtrain	Amanda D Hippy - Crosslink or <b>AA Provincials - Edmonton for non GPCR</b>	up to 60
Mar. 11	up to 45	<b>Crosslink</b> 1000(3k pace) + 4 x 200 lap jog	up to 30	jog a bit + a few strides	<b>ACAC - Calgary</b>	<b>ACAC - Calgary</b>	off

0. These are maximums - the senior athletes should be at the top end; the beginners will be much less than the top end

1. Numbers are minutes running - run at a comfortable pace unless otherwise specified (i.e. Tues, Thursday, Sat are workout days when you are running faster)

2. 10 x 1/1 - 10 one minute runs hard with 1 minute jog in between

3. Run the first 50% to 60% fairly ez, gradually pick up the second half of the run. Should be running 5 km pace by the last few minutes

4. Hill sprint - a 10 to 12 second sprint up a fairly steep hill - walk back down very slowly in between - good recovery between reps

5. Xtrain = something aerobic like swimming, elliptical, stationary rowing or exercise bike for up to 30 minutes

6. Weights - good idea to be in the weight room 2 or 3 times a week (avoid Tuesday and Thursday b4 workouts if possible). Weights are supplementary - don't compromise your workout

7. Morning runs (Senior athletes) - Nothing wrong with running an ez 20 or 30 minutes Tues morn, Thursday morn, and/or Sat late afternoon. Alternatively, you could ez xtrain here instead

DO SOMETHING EVERY DAY TO MAKE YOU A BETTER ATHLETE ... even if that means a rest day