

2019 Indoors 300-400

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov. 26		Crosslink 6 x 200	x-train	Outside - College 20 progressive + 12 hill sprints	off or xtrain	Crosslink 600-500-400	up to 30
Dec. 3	x-train	Crosslink 5 x 300	x-train	Outside - College 20 progressive + 12 hill sprints	off or xtrain	Crosslink 800 + 10 x straights	up to 30
Dec. 10	x-train	Crosslink 7 x 200	jog up to 30 Ez	Outside - College 20 progressive + 12 hill sprints	off or xtrain	Crosslink 600-500-400	up to 40
Dec. 17	x-train	Crosslink 6 x 300	jog up to 30 Ez	Outside - College 20 progressive + 12 hill sprints	off or xtrain	on your own +12 x 1/1 + 5	10 up to 40
Dec. 24	On your own 20 + 12 hill sprints	off	jog up to 30 Ez	On your own - Eastlink x 200 lots of rest	6 xtrain	On your own 20 progressive + 12 hill sprints	up to 40
Dec. 31	Eastlink - on your own 3 x 300	off	jog up to 30 Ez	On your own 20 + 12 hill sprints	Xtrain		up to 40
Jan. 7	off		xtrain		off or xtrain	Rick Scott Open - Crosslink	up to 40
Jan. 14	off		jog up to 30 Ez		off or xtrain		up to 40
Jan. 21	off		jog up to 30 Ez		off or xtrain	Edmonton Meet	up to 40
Jan. 28	off		x train		off		up to 30
Feb. 4	off		x train		off or xtrain	Time Trial - Clever Name to Follow - Crosslink	up to 30
Feb. 11	off		jog up to 30 Ez		off	AB Indoor Games - Edmonton (A list only)	up to 40
Feb. 18	off		jog up to 30 Ez		off or xtrain		up to 40
Feb. 25	off		jog up to 30 Ez		off or xtrain	Edmonton - Meet	up to 30
Mar. 4	off		x train		off or xtrain	Amanda D Hippy - Crosslink or AA Provincials - Edmonton for non GPRC	up to 40
Mar. 11	off	Crosslink 3 x 150/ 7 mins rest	x train	jog a bit + a few strides	ACAC - Calgary	ACAC - Calgary	up to 30

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

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