

## 2019 Indoors 300-400

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov. 26		<b>Crosslink</b> 6 x 200	x-train	<b>Outside - College</b> 20 progressive + 12 hill sprints	off or xtrain	<b>Crosslink</b> 600-500-400	up to 30
Dec. 3	x-train	<b>Crosslink</b> 5 x 300	x-train	<b>Outside - College</b> 20 progressive + 12 hill sprints	off or xtrain	<b>Crosslink</b> 800 + 10 x straights	up to 30
Dec. 10	x-train	<b>Crosslink</b> 7 x 200	jog up to 30 Ez	<b>Outside - College</b> 20 progressive + 12 hill sprints	off or xtrain	<b>Crosslink</b> 600-500-400	up to 40
Dec. 17	x-train	<b>Crosslink</b> 6 x 300	jog up to 30 Ez	<b>Outside - College</b> 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	3 x 300	up to 40
Jan. 7	off	15 x 250	xtrain	20 + 12 hill sprints	off or xtrain	Rick Scott Open - Crosslink	up to 40
Jan. 14	off	600-400- 3 x 200	jog up to 30 Ez	20 + 12 hill sprints	off or xtrain	3 x 300	up to 40
Jan. 21	off	10 x 200 on 3	jog up to 30 Ez	20 + 6 hill sprints	off or xtrain	<b>Edmonton Meet</b>	up to 40
Jan. 28	off	600-400- 3 x 200	x train	20 + 12 hill sprints	off	400-300-300	up to 30
Feb. 4	off	10 x 200 on 3	x train	20 + 12 hill sprints	off or xtrain	Time Trial - Clever Name to Follow - Crosslink	up to 30
Feb. 11	off	6 x 300 on 5	jog up to 30 Ez	20 + 6 hill sprints	off	<b>AB Indoor Games - Edmonton (A list only)</b>	up to 40
Feb. 18	off	600-400- 3 x 200	jog up to 30 Ez	20 + 12 hill sprints	off or xtrain	400-300-300	up to 40
Feb. 25	off	6 x 300 on 5	jog up to 30 Ez	20 + 6 hill sprints	off or xtrain	<b>Edmonton - Meet</b>	up to 30
Mar. 4	off	10 x 200 on 3	x train	20 + 12 hill sprints	off or xtrain	Amanda D Hippy - Crosslink or AA <b>Provincials - Edmonton for non GPRC</b>	up to 40
Mar. 11	off	<b>Crosslink</b> 3 x 150/ 7 mins rest	x train	jog a bit + a few strides	<b>ACAC - Calgary</b>	<b>ACAC - Calgary</b>	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**