

2019 Indoors 600-1000

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov. 26		Crosslink 12 x 250	x-train	Outside - College 40 progressive + 6 hill sprints	off or xtrain	Crosslink x 600	4 up to 75
	up to 45	Crosslink 10 x 300	up to 45	Outside - College 40 progressive + 8 hill sprints	off or xtrain	Crosslink x 800	3 up to 75
Dec. 3		Crosslink 14 x 250	up to 45	Outside - College 45 progressive + 8 hill sprints	off or xtrain	Crosslink x 600	5 up to 80
Dec. 10		Crosslink 12 x 300	up to 50	Outside - College 45 progressive + 8 hill sprints	off or xtrain	On your Own 6 x 3/2	up to 80
Dec. 17	On your own 10 + 20 steady + 10 + 8 hill sprints	off	up to 60	Eastlink - on your own 8 x 400	Xtrain	On your own 50 progressive + 8 hill sprints	up to 90
Dec. 24	Eastlink - on your own 5 x 600	off	up to 60	50 progressive + 8 hill sprints	off or xtrain		up to 90
Dec. 31	up to 45	15 x 250m	up to 60	50 Fartlek + 8 hill sprints	off or xtrain	Rick Scott Open - Crosslink	up to 75
Jan. 7	up to 45	3 x 1000m + 3 x 300	up to 60	50 progressive + 8 hill sprints	off or xtrain		up to 90
Jan. 14	up to 45	8 x 300 on 3	up to 45	30 ez + 8 hill sprints	jog a bit	Edmonton Meet	up to 60
Jan. 21	up to 45	3 x 1000m + 3 x 300	up to 45	30 ez + 8 hill sprints	jog a bit	3 x 500 + 3 x 150	up to 60
Jan. 28	up to 45	12 x 300m on 2	up to 60	50 progressive + 8 hill sprints	off or xtrain		up to 60
Feb. 4						Time Trial - Clever Name to Follow - Crosslink	
Feb. 11	up to 45	8 x 300 on 3	up to 60	30 ez + 8 hill sprints	off	AB Indoor Games - Edmonton (A list only)	up to 90
Feb. 18	up to 45	3 x 1000m + 3 x 300	up to 60	50 Fartlek + 8 hill sprints	off or xtrain	600-500-400 + 3 x 150	up to 80
Feb. 25	up to 45	8 x 300 on 3	up to 60	30 ez + 8 hill sprints	off or xtrain	Edmonton - Meet	up to 80
Mar. 4	up to 45	3 x 1000m + 3 x 300	up to 45	30 ez + 8 hill sprints	off or xtrain	Amanda D Hippy - Crosslink or AA Provincials - Edmonton for non GPRC	up to 60 or AA Provincials - Edmonton for non-GPRC
Mar. 11	up to 45	Crosslink 600(1500m pace) + 4 x 200/ lap jog rest	up to 30	jog a bit + a few strides	ACAC - Calgary	ACAC - Calgary	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