

Spring/Summer 2019 1500-3000							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01-Apr	off or up to 30	hill loops + hill sprints	up to 60	6 x 3 mins + 6 x 100m walk back	up to 45	30 tempo + 4 x 200	up to 80
08-Apr	off or up to 30	hill loops + hill sprints	up to 60	16 x 200m on 90 secs	up to 45	30 tempo + 3 x 300	up to 80
15-Apr	off or up to 30	1600/1200/1000/800 with 200 jog + 4 x 100	up to 60	10 x 300 on 2 mins	up to 45	30 tempo + 400-300-200	up to 80
22-Apr	off or up to 30	4 x 1000 + hill sprints	up to 60	12 x 300 on 2 mins	up to 45	30 tempo + 4 x 200	up to 80
29-Apr	off or up to 30	2000/1600/1200/800 with 200 jog + 4 x 100	up to 60	8 x 400 on 3 mins	up to 45	2000m TT + 3 x 300	up to 80
06-May	off or up to 30	4 x 1000 + hill sprints	up to 60	10 x 200m walk/jog 200m	off	PC Classic - GP	jog 30
13-May	off or up to 30	1600-1200-1000-800 + 4 X 100 on the grass	up to 60	10 x 400 on 3 mins	up to 45	30 tempo + 3 x 300	up to 70
20-May	off or up to 30	4 x 1000 + hill sprints	up to 60	10 x 400 on 3 mins	up to 45	1 mile TT + 4 x 300	up to 70
27-May	off or up to 30	1600-1200-1000-800 + 4 X 100 on the grass	up to 60	Jog + a few strides (or 8 x 600)	Zones	Zones (or tempo run + 3 x 300)	up to 45
03-Jun	off or up to 30	20 Tempo + 3 x 300 OR 4 x 1000 + 6 hill sprints	up to 45	Jog + a few strides (or 10 x 400)	HS Provs	HS Provs (or 2000 TT + 20 min tempo - progressive)	jog 30
10-Jun	off or up to 30	20 Tempo + 3 x 300 OR 3 x 1000 + 3 x 200	up to 45	Jog + a few strides	Caltaf Meet - Calgary	Caltaf Meet - Calgary	Caltaf Meet - Calgary

17-Jun	off or up to 30	20 tempo + 3 x 300	up to 45	6 x 600m - 1500m ish pace on 5 minutes	up to 45	2 x (400-600-300) 30 seconds between reps - 10 minutes between sets + 6 x 100 on the grass, walk back	up to 70
24-Jun	off or up to 45	1200-1000-800 3 minutes rest - progressive 3km pace to 1500 pace + 6 x 150 variable pace	up to 45	8 x 200/200 walk jog progressive	JR and SR Provs - Edmonton	JR and SR Provs - Edmonton	JR and SR Provs - Edmonton
01-Jul	off or up to 30	30 tempo + 400-300-200	up to 45	3 x 800 on 7.5 minutes 1500m pace + 6 x 150 variable pace	up to 45	1000 TT + 3 x 300 progressive	up to 60
08-Jul	off or up to 45	1200-1000-800 3 minutes rest - progressive 3km pace to 1500 pace + 6 x 150 variable pace (Kobe: 10 x 400m)	up to 45	10 x 400 on 3 min (Kobe: jog + strides)	up to 45 (Kobe: at Tri Provs this weekend)	2 x (800-400) 30 seconds between reps - 10 mins between sets + 6 x 100m strides on the grass - walk back	up to 60
15-Jul	off or up to 45	30 tempo + 3 x 300m	up to 45	8 x 200/200 walk jog progressive	jog a bit	Yth Provs + S. Park Meet	Yth Provs + S. Park Meet
22-Jul	off or up to 45	travel (Kobe: 25 tempo + 3 x 300m progressive)	jog and strides	Jr and Sr Nats - Montreal (Kobe: 10 x 400 on 3 mins)	Jr and Sr Nats - Montreal	Jr and Sr Nats - Montreal (Kobe: see July 13)	Jr and Sr Nats - Montreal
29-Jul	off or up to 45	30 tempo + 400-300-200	up to 45	3 x 800 on 7.5 minutes 1500m pace + 6 x 150 variable pace	up to 45	600 TT + 4 x 300	up to 60

05-Aug	off or up to 45	10 x 200/200 walk jog progressive	travel	jog + strides	Legions	Legions	Legions
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