

Spring/Summer 2019 400/800							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01-Apr	off or up to 30	hill loops + hill sprints	up to 30 + weights	15 x 1/1 + 6 x 100m walk back	up to 30 + weights	20 tempo + 600/400/2 x 200	up to 60 + weights
08-Apr	off or up to 30	hill loops + hill sprints	up to 30 + weights	16 x 200m	up to 30 + weights	20 tempo + 4 x 300	up to 60 + weights
15-Apr	off or up to 30	800-600-600 - 5 minutes rest + 6 x 60m + a few starts	up to 30 + weights	10 x 300 on 2 mins	up to 30 + weights	20 tempo + 6 x 200m	up to 60 + weights
22-Apr	off or up to 30	6 x 500 + hill sprints	up to 30 + weights	4 x (3x200) on 75 secs/ 4 mins	up to 30 + weights	20 tempo + 600/400/2 x 200	up to 60 + weights
29-Apr	off or up to 30	800-600-600 - 5 minutes rest + 6 x 60m + a few starts	up to 30 + weights	4 x (3x200) on 75 secs/ 4 mins	up to 30 + weights	600m TT + 3 x 300	up to 60 + weights
06-May	off or up to 30	6 x 500 + hill sprints	up to 30 + weights	3 x 300 on 5 mins + 6 x 150m progressives	off	PC Classic - GP	jog 30
13-May	weights + up to 30	1000m + 800m + 600m - 3 mins recovery + 6 x 100 on grass, walk back	up to 30 + weights	4 x (3x200) on 75 secs/ 4 mins	up to 30 + weights	20 min Tempo + 4 x 300 progressive	up to 45 + weights
20-May	off or up to 30	3 x 500m on 7 minutes + 3 x 150 progressive	up to 30 + weights	4 x (3x200) on 75 secs/ 4 mins	up to 30 + weights	20 min Tempo + 6 x 200 progressive	up to 45 + weights
27-May	off or up to 30	20 min Tempo + 400, 300 ,2 x 200 progressive	up to 30 + weights	3 x 300 on 10 mins + 6 x 60m from blocks	off	Meet or TT 1000m and 300m	up to 45 + weights
03-Jun	off or up to 30	3 x 500m on 7 minutes + 3 x 150 progressive	up to 30 + weights	4 x (3x200) on 75 secs/ 4 mins	up to 30 + weights	2 x 600m lots of rest + 6 x 60m blocks	up to 45 + weights
10-Jun	off or up to 30	10 x 200/200 walk jog - progressive	jog a bit	jog a bit + starts and 8 x strides	Caltaf Meet - Calgary	Caltaf Meet - Calgary	Caltaf Meet - Calgary

17-Jun	off	20 tempo + 3 x 300m	up to 30 + weights	4 x (3x200) on 75 secs/ 4 mins	up to 30 + weights	2 x (300-300-200) 30 seconds between rep - 10 min between sets + 6 x 60m out of blocks	up to 45 + weights
24-Jun	off or up to 30	3 x 300m on 10 minutes + a few starts	jog a bit	jog a bit + starts and 8 x strides	JR and SR Provs - Edmonton	JR and SR Provs - Edmonton	JR and SR Provs - Edmonton
01-Jul	off	20 tempo + 3 x 300m	up to 30 + weights	4 x (3x200) on 75 secs/ 4 mins	off	1000 TT + 8 x 100m on grass - walk back slow	up to 45 + weights
08-Jul	off or up to 30	600/500/400/300/200 5 minutes between all reps - start at 1km race pace and get faster	up to 30 + weights	3 x 300m on 10 minutes + a few starts	off	2 x (600-200) 30 seconds between reps - 10 mins between sets + 6x60 out of the blocks	up to 45 + weights
15-Jul	off or up to 30	20 tempo + 3 x 300m	up to 30 + weights	jog a bit + starts and 8 x strides	Yth Provs + S. Park Meet	Yth Provs + S. Park Meet	Yth Provs + S. Park Meet
22-Jul	off	8 x 200/ 200 walk-jog between reps	jog a bit	Jr and Sr Nats - Montreal	Jr and Sr Nats - Montreal	Jr and Sr Nats - Montreal	Jr and Sr Nats - Montreal
29-Jul	off		jog a bit		off		
05-Aug	off or up to 30		jog a bit	jog a bit + starts and 8 x strides	WCG or Legions	WCG or Legions	WCG or Legions
12-Aug							