

Long Sprinter - Summer 2019 (Joel Manz, etc)							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
17-Jun	off	10 tempo + 3 x 150m + Starts	up to 20 + weights	4 x (3x200) on 75 secs/ 4 mins	up to 20 + weights	2 x (300-300-200) 30 seconds between rep - 10 min between sets + 6 x 60m out of blocks	up to 30 + 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	off	JR and SR Provs - Edmonton	JR and SR Provs - Edmonton
01-Jul	off	10 tempo + 3 x 150m + Starts	up to 30 + weights	3 x (4 x 100) on 45 secs/ 5 min set break	off	500 TT + 8 x 100m on grass - walk back slow	up to 30 + weights
08-Jul	off or up to 30	150/200/300/200/150 - 5 minutes between all reps - fast	up to 30 + weights	3 x 300m on 10 minutes + a few starts	off	300TT - 15 min Break + 200TT 15 min break + 6x60 out of the blocks	up to 30 + weights
15-Jul	off or up to 30	10 tempo + 3 x 150m + Starts	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	6 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