

2020 Indoors Faith/Kobe 800/1500/3000

	up to 45	15 + 12 x 1/1 + 10	up to 60	10 + 6 x 3/2 + 10	Xtrain	30 tempo + 8 x hill sprints	up to 90
Dec. 30	off	Crosslink Fabio w/o longer reps?	up to 60	Crosslink Fabio w/o shorter reps?	off or xtrain	30 tempo + 8 x hill sprints	up to 90
Jan. 6	up to 45	Crosslink Fabio w/o longer reps?	up to 60	Crosslink 20 tempo (run outside if it's nice) + 8 x sprint straights/walk corners)	off or xtrain	Crosslink 800TT or 2000 TT + 10 x straights	up to 75
Jan. 13	up to 45	Crosslink Fabio w/o longer reps?	up to 45	Crosslink 20 tempo (run outside if it's nice) + 8 x sprint straights/walk corners)	off or jog a bit	MacEwan Meet - Edmonton 600 or 1500 and 4 x 400	up to 60
Jan. 20	up to 45	Crosslink Fabio w/o longer reps?	up to 60	Crosslink Fabio w/o shorter reps?	off or xtrain	30 tempo + 8 x hill sprints	up to 90
Jan. 27	up to 45	Crosslink Fabio w/o longer reps?	up to 60	Crosslink Fabio w/o shorter reps?	off or xtrain	Crosslink 800TT or 2000 TT + 10 x straights	up to 75
Feb. 3	up to 45	Crosslink Fabio w/o longer reps?	up to 45	Crosslink 20 tempo (run outside if it's nice) + 8 x sprint straights/walk corners)	Jog a bit	AB Indoor Games - Edmonton 1000 or 3000	AB Indoor Games - Edmonton 600 or 1500
Feb. 10	up to 30	Crosslink Fabio w/o longer reps?	up to 45	Crosslink Fabio w/o shorter reps?	off or xtrain	30 tempo + 8 x hill sprints	up to 90
Feb. 17	up to 45	Crosslink Fabio w/o shorter reps?	up to 30	Crosslink 15 tempo (run outside if it's nice) + 8 x sprint straights/walk corners)	jog a bit	AA Provs - Edmonton	AA Provs -Edmonton
Feb. 24	off	Crosslink Fabio w/o longer reps?	up to 30	Crosslink 15 tempo (run outside if it's nice) + 8 x sprint straights/walk corners)	jog a bit	ACAC 2- Edmonton 600m or 1000m + 4 x 400	off
Mar. 2							

Notes

1. Could do Golden Bear Open in Edmonton Jan 17-19 instead of the MacEwan Meet in Edmonton on Jan 25
 2. Could do Simplot Games in Idaho on Feb 13-15 instead of the AB Indoor Games.
 3. Shorter reps (e.g. Suffer = 10 x 300 start every 2 mins or Speed = 8 x 200 3 minutes rest fast!)
 4. Longer reps(e.g 4 x 1000 + 4 x 200 OR 1600-1200-800-400-200 Progressively faster)
 5. You could do the Sat workouts at Crosslink if you wish - run the tempo outside, do a few fast 150s insider instead of hill sprints
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. 12 x 1/1 - 10 one minute runs hard with 1 minute jog in between
 3. Progressive = 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
 8. Tempo = about 15 km race pace effort if going 30 minutes - you should be comfortably tired at the end of this, not totally gassed

DO SOMETHING EVERY DAY TO MAKE YOU A BETTER ATHLETE ... even if that means a rest day