

## Joren's 2013 Winter Plan for Greatness - 800/400 training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 3				30-45 ez + hill sprints Upper 2	Lower 1	Multiplex 600-500-400-300-200 3.5m rest	50 ez
Dec. 10	Treadmill 10 + 3 x 6/3 Steady + 5 Strength Training	30 ez + Strength Training	Multiplex 5 x 60 Full rest 4 x 200 5m rest	30-45 ez + hill sprints Strength Training	Strength Training	Multiplex 4 x 600 3.5m rest	60 ez
Dec. 17	Treadmill 10 + 2 x 10/5 Steady+ 5 Strength Training	30 ez + Strength Training	Multiplex 5 x 60 Full rest 5 x 150 5m rest	30-45 ez + hill sprints Strength Training	Strength Training	Multiplex 8 x 400 2m rest	60 ez
Dec. 24	Multiplex 5 x 60 Full rest 300- 200 5m rest	off	40 inc 6 x 1/1	30-45 ez + hill sprints Strength Training	Strength Training	Multiplex 8 x 300 2m rest	40 ez
Dec. 31	Treadmill 10 + 3 x 6/3 Steady + 5 Strength Training	30 ez Strength Training	Multiplex 5 x 60 Full rest 3 x 300 5m rest	45 + Hill Sprints Strength Training	Strength Training	Multiplex 600-500-400-300-200 3.5m rest	60 ez
Jan. 7	Multiplex 4 x 1000m 5m rest	30 ez Strength Training	Multiplex 5 x 60 Full rest 5 x 150 5m rest	45 + Hill Sprints Strength Training	off	Multiplex <b>Rick Scott Open</b>	60 ez
Jan. 14	Treadmill 30 (last 10 steady) Strength Training	Multiplex 5 x 60 Full rest 3 x 150 5m rest Strength Training	off	20 + 6 strides	<b>GBO Meet - 300m</b>	<b>GBO Meet - 600m</b>	jog a bit
Jan. 21	Multiplex 3 x 1200m 5m rest Strength Training	30 ez Strength Training	Multiplex 5 x 60 Full rest 3 x 300 5m rest	45 + Hill Sprints Strength Training	off	20 + 6 strides	<b>ACAC Meet</b> 800 and 4 x 400
Jan. 28	jog a bit Strength Training	Treadmill 10 + 3 x 6/3 Steady + 5 Strength Training	Multiplex 5 x 60 Full rest 4 x 200 5m rest	45 + Hill Sprints Strength Training	off	Multiplex 1000m + 4 x 200m full rest	60 ez

Feb. 4	Multiplex x 60 Full rest 150 5m rest Strength Training	5 3 x	Treadmill 30 (last 10 steady) Strength Training	30 ez	Strength Training	20 + 6 strides	<b>AB Indoors - 600m</b>	<b>AB Indoors - 1000m</b>	
Feb. 11	jog a bit Strength Training	Strength Training	30 ez Strength Training	Multiplex x 60 Full rest 300 5m rest	5 3 x	45 + Hill Sprints Strength Training	off	Multiplex <b>500m + 3 x 300m full rest</b>	60 ez
Read Week Feb. 18	Multiplex x 800m 4m rest Strength Training	4	30 ez Strength Training	Multiplex x 60 Full rest 200 5m rest	5 4 x	45 + Hill Sprints Strength Training	off	Multiplex <b>300m + 4 x 200m full rest</b>	50 ez
Feb. 25	Multiplex x 60 Full rest 150 5m rest Strength Training	5 3 x	Treadmill 30 (last 10 steady) Strength Training	30 ez	Strength Training	20 + 6 strides	<b>AA JR Champs - 400m</b>	<b>AA JR Champs - 800m</b>	
Mar. 4	jog a bit Strength Training	Strength Training	30 ez Strength Training	Multiplex x 60 Full rest 300 5m rest	5 3 x	45 + Hill Sprints Strength Training	off	Multiplex 1000m + 4 x 200m full rest	60 ez
Mar. 11	Multiplex x 60 Full rest 200,150,100 5m rest Strength Training	5	30 ez Strength Training	Treadmill (last 10 steady)	30	20 + 6 strides Strength Training	<b>ACAC Champs - 400m</b>	<b>ACAC Champs 800m and 4 x 400</b>	jog a bit
Mar. 18									
Mar. 25									
Apr-01								<b>FSJ 5 km??</b>	
Apr-08									
Apr-15									
Apr-22									
Draft Three - December 7, 2012									