

Wolves 2013 Winter Plan for Greatness - Distance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 3	gym workout 5 x 300 on 2.5 m	30- 60 ez	Treadmill Tempo 15ez + 2 x 10/5 + 10ez	30-45 ez + hill sprints	off or xtrain	Multiplex 5 x 600 2m rest	50-70
Dec. 10	gym workout 2 x 3-2-1 60s rest	30- 60 ez	Treadmill Tempo 15ez + 15/5 + 5 + 10ez	30-45 ez + hill sprints	off or xtrain	Multiplex 4 x 800 2m rest	50-75
Dec. 17	outdoors 15 + 12 garb cans/jog back + 10	30- 60 ez	Treadmill Tempo 15ez + 20 + 15ez	30-45 ez + hill sprints	off or xtrain	Multiplex 8 x 400 2m rest	60-80
Dec. 24	30-45 ez	x-mas - jog a bit	40 + hill sprints	up to 60	Multiplex 5- 4-3-2-1 laps 2m rest	30-45 ez	up to 60
Dec. 31	Multiplex 16 x 200 on 2 m	30- 60 ez	Treadmill Tempo 15ez + 15/5 + 5 + 10ez	ez or 60	off or xtrain	Multiplex 5 x 800 2m rest	60-80
Jan. 7	gym workout 8 x 200 on 1.5m	30- 40 ez	Treadmill Tempo 15ez + 20 + 15ez	45 + hill sprints	off or xtrain	Multiplex Rick Scott Open	up to 80
Jan. 14	gym workout 5 x 300 on 2.5 m	30 ez	60	40 + 6 strides	off or xtrain	10 + 30 steady + 10	up to 80
Jan. 21	gym workout 2 x 3-2-1 60s rest	30- 40 ez	Treadmill Tempo 15ez + 20 + 15ez	45 + hill sprints	off or x train	30 + a few strides	ACAC Meet
Jan. 28	up to 70	30- 40 ez	Treadmill Tempo 15ez + 25 + 15ez	45 + hill sprints	off or xtrain	Multiplex 4 x 1000 2m rest	up to 90
Feb. 4	gym workout 8 x 200 on 1.5m	30- 40 ez	Treadmill Tempo 15ez + 15/5ez/10 + 15ez	45 + hill sprints	off or xtrain	20 + 10 x 1/1 + 10	up to 90
Feb. 11	jog a bit	30- 40 ez	Treadmill Tempo 15ez + 25 + 15ez	45 + hill sprints	off or xtrain	Multiplex 7 x 600 2m rest	up to 100
Read Week	Family Day Multiplex? 10 x 200 on 2 mins	30- 40 ez	Treadmill Tempo 15ez + 30 + 15ez	45 + hill sprints	off or xtrain	Multiplex 4 x 1000 2m rest	up to 105
Feb. 25	g. workout - 1 set 8 laps + 3 x 200	30- 40 ez	Treadmill Tempo 15ez + 15 + 15ez	45+ hill sprints	off or xtrain	20 + 10 x 1/1 + 10	up to 75
Mar. 4	10 + 5 x 3/3 + 10	30- 40 ez	Treadmill Tempo 15ez + 30 + 15ez	45 + hill sprints	off or xtrain	Multiplex 1000 TT + 4 x 300	up to 110

Mar. 11	10 + 20 hills + 10	30- 40 ez	Treadmill Tempo 15ez + 15 + 15ez	20 + strides	ACAC Champs	ACAC Champs	up to 75
Mar. 18	10 + 20 hills + 10	30- 40 ez	Treadmill Tempo 15ez + 20 + 15ez	45 + hill sprints	off or xtrain	60 inc 10 x 1/1	up to 120
Mar. 25	10 + 25 hills + 10	30- 40 ez	45 + hill sprints	w/u, 30 steady, c/d	off or xtrain	60	up to 120
Apr-01	10 + 25 hills + 10	30- 40 ez	45 + hill sprints	10 + 2 x 10/5 + 10	off or xtrain	20 + 6 strides	FSJ 10 km??
Apr-08	jog a bit	30- 40 ez	45 + hill sprints	10 + 30 hills + 10	20	60	up to 120
Apr-15	10 + 30 hills + 10	30- 40 ez	45 + hill sprints	w/u, 40 steady, c/d	off or xtrain	60	up to 120
Apr-22	10 + 3km track + 15 steady +10	30 ez	45 inc 8 x 1/1	30-45 ez	off or jog	20 + 6 strides	TC 10 km race??

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0. If you have a current Athletics Alberta 2013 Membership, you are on the "A" list

1. This is pretty basic plan - if you want to do extra aerobic workouts or some weight training, swimming, etc, that's ok
2. We'll meet as a group in the Winter Semester on Mondays at 7:30 p.m. (gym) , Thursdays at 5:30 p.m. (outside), and once on the weekend, normally Saturday 11 a.m. at the Multiplex
3. The long runs are set up to allow you to run a half marathon by the end of May. If you don't want to do a half marathon, max out the long runs at 90
4. Gym Workout - Done in the GPRC gym - typically 2 sets of drills, 2 sets of plyos, and some short fast running like 8 x 200, 6 x 300, or 800 - then 4 x 200, etc.
5. The important indoor meets are the GBO and AA Age Group. I want you to run the ACAC meets too. The AB Indoors in Feb is somewhat optional.
6. It's ok, to move the days around to suit your schedule, just don't do two of the intense workouts in consecutive days