

2020-21 Indoors

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-Feb	off or xtrain or up to 30 ez	10 + 6-5-4-3-2-1/2 + 10	30 to 40 ez	8 x 400 on 3 minutes or 8 x 2/2	20 to 40 ez or xtrain	30 tempo + hill sprints	Long Run - up to 90
15-Feb	off or xtrain or up to 30 ez	15 + 6 x 2/1 + 10	30 to 40 ez	5 x 600 on 4 minute or 5 x 4/2	20 to 40 ez or xtrain	30 tempo + hill sprints	Long Run - up to 90
22-Feb	off or xtrain or up to 30 ez	15 + 15 x 1/1 + 10	30 to 40 ez	4 x 1000 on 6 + 3 x 200 lots of rest - indoors	20 to 40 ez or xtrain	30 tempo + hill sprints	Long Run - up to 90
1-Mar	off or xtrain or up to 30 ez	10 + 4 x 5/2 + 10	30 to 40 ez	6 x 300 on 4 minutes or 6 x 1/3 (run these a bit faster)	off or xtrain ez	Time Trial - 5 km on a flat course	Long Run - up to 90

Subject to change - COVID, weather, etc. ...

Thursdays - If the outdoor track is clear, I recommend doing the 200s, 400s, etc. - If there's a lot of snow or cold, do the timed runs outside or on a treadmill

updated Feb. 7, 2021