

# 2021 Outdoors

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3-May	off or xtrain or up to 30 ez	10 + 8 x 400 on 2.5 minutes + 10 (1500m pace)	30 to 40 ez	10 + 6 x 3/2 + 10	20 to 40 ez or xtrain	10 + 600-12 tempo- 600-12 tempo-600/2 + 10	Long Run - up to 90
10-May	off or xtrain or up to 30 ez	10 + 600-500-400 on 9 minutes (1000m pace) + 6 x 150 + 10	30 to 40 ez	20 tempo + 8 x 100m	20 to 40 ez or xtrain	<b>TT - 1000m and 300m</b>	Long Run - up to 60
17-May	off or xtrain or up to 30 ez	10 + 9 x 400 on 2.5 minutes + 10 (1500m pace)	30 to 40 ez	10 + 5-4-3-2-1/2 + 10	20 to 40 ez or xtrain	10+ 1000-20 tempo/3 + 4 x 200 + 10	Long Run - up to 90
24_may	off or xtrain or up to 30 ez	10 + 10 x 400 on 2.5 minutes + 10 (1500m pace)	30 to 40 ez	10 + 4 x 5/2 + 10	20 to 40 ez or xtrain	10 + 600-12 tempo- 600-12 tempo/2 + 3 x 300 10	Long Run - up to 90
31-May	off or xtrain or up to 30 ez	10+ 3 x 800m on 10 minutes (1500m pace) + 6 x 100	30 to 40 ez	20 tempo + 8 x 100	20 to 40 ez or xtrain	<b>TT- 1500m and 200m</b>	Long Run - up to 60
7-Jun	off or xtrain or up to 30 ez	10 + 4 x (3 x 200) on 75 seconds/3 minute set break	30 to 40 ez	10 + 6 x 3/2 + 10	20 to 40 ez or xtrain	10+ 1000-20 tempo/3 + 6 x 150 + 10	Long Run - up to 90
14-Jun	off or xtrain or up to 30 ez	10 + 3 x 500m on 9 minutes (800m pace) + 4 x 200	30 to 40 ez	20 tempo + 8 x 100	off or 20 ez + 4 strides	<b>TT - 800m and 400m</b>	Long Run - up to 60

0. If you are training with the High School or Panthers - it's ok to do their workouts on Tuesday and Thursdays

1. We'll meet as a group - Tuesdays at 4 p.m. and Saturdays at 9:30 a.m. at the Rotary Track

2. These workouts are maximums - you may not be at this level in terms of workout volumes or days per week - that's ok - try to follow the pattern

3. Do 300s rather than 400s on Tuesdays if you are not a 4:50 or better 1500m runner (e.g. the girls, some of the newer runners)

4. TT - Time trial days on the track. Do a long warm up like you would before a race. Best efforts at both distances - take at least 20 or 30 minutes between each TT.

updated May 2, 2021

dates corrected June 8, 2021