2022 Indoor Track

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3-Jan	off or x-train	Rotary Track -	up to 30	FLC - 6 x 300/ 3 x 300 on 2 mins, 5 min set break	off or x-train or ez run + a few strides	**Park Run - 5 km**	up to 70
10-Jan	off or x-train	FLC - 3 x 1000m with 4 min rest + 3 x 100 OR 3 x 500 with 6 minutes rest + 3 x 100	up to 30	College - 25 mins of College Ave Hills	up to 30 or xtrain	Rotary Track - 20 tempo + 6 x 150 OR 30 tempo + 3 x 200	up to 70
17-Jan	off or x-train	FLC - 1200m, good rest, then 6 x 200 on 3 mins OR 500m, good rest then 6 x 200m on 3 mins	up to 30	College - 30 min run + sprint hills	off or x-train or ez run + a few strides	**ACAC Meet 1 - Edmonton**	up to 45 ez
24-Jan	off or x-train	FLC - 10 x 300 on 2 mins	up to 30	College - 25 mins of College Ave Hills	up to 30 or xtrain	Rotary Track - 20 tempo + 4 x 200 OR 30 tempo + 400-300-200	up to 70
31-Jan	off or x-train	FLC - 4 x 800m with 3 min rest + 3 x 100 OR 4 x 400 with 5 minutes rest + 3 x 100	up to 30	College - 30 min run + sprint hills	off or x-train or ez run + a few strides	**Panthers Track Meet - Med Hat**	up to 45 ez
7-Feb	off or x-train	FLC - 8 x 400 on 2.5 minutes	up to 30	College - 25 mins of College Ave Hills	up to 30 or xtrain	Rotary Track - 20 tempo + 8 x 100 OR 30 tempo + 5 x 150	up to 70
14-Feb	off or x-train	FLC - 1200m, good rest, then 6 x 200 on 3 mins OR 500m, good rest then 6 x 200m on 3 mins	up to 30	College - 30 min run + sprint hills	off or x-train or ez run + a few strides	**ACAC Meet 2 - Red Deer**	run if you feel like it
21-Feb	Family Day	**Reading Week -** ez week, run most days for 30 minutes or so - get a tempo day in and run 2 days where you do a set of 200s or 300s with					
28-Feb	off or x-train	FLC - 8 x 400 on 2.5 minutes	up to 40	College - w/u, 6 x 3/2 + a few hill sprints, c/d	up to 30 or xtrain	Park Run + a few 3 minute reps	up to 70
7-Mar	off or x-train	FLC - 3 x 800 5 min rest + 3 x 100 OR 3 x 300 10 min rest + 3 x 100	up to 40	College - w/u, 5,4,3,2,1/2 + a few hill sprints	up to 30 or xtrain	Rotary Track - 2000 TT + 20 tempo or 800TT + 20 tempo	up to 70
14-Mar	off or x-train	FLC - 4 x 600m 4 min rest + 3 x 100 OR 6 x 200m 5 min rest + 3 x 100	up to 40	College - w/u, 4 x 5/2 + a few hill sprints OR 12 x 1/1 + a few hill sprints	up to 30 or xtrain	Rotary Track - 1000 TT + 20 tempo OR 400TT + 20 **tempo**	up to 60
21-Mar	off or x-train	FLC - 800m, good rest, then 3 x 300, good rest OR 300m, good rest, then 3 x 150, good rest	up to 30	20 min run + sprint hills	off or x-train or ez run + a few strides	**ACAC Champs - Edmonton - Day 1**	**ACAC Champs - Edmonton - Day 2**

Save the Date - Rattler Run, Saturday, April 30

0. Subject to change - I may tweak the workouts a bit as we go along depending upon how you are handling the load.
1. We'll meet as a group on Tuesdays, Thursdays, and Saturdays - Sat may be a meet
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. Sprint Hills - a 10 to 12 second uphill sprint with a long, slow walk down between reps - you shouldn't be out of breath when you start the next rep.
4. 25 mins hill loops - This a 20 minute run at a good clip, with some jogging parts, over hilly terrain
5. 6 x 3/2 - Afer warm up, run 3 minutes hard, then take a 2 min jog recovery. Repeat 6 times. Then cool down.
6. 6-5-4-3-2-1/2 - 6 minutes hard, 2 min jog, then 5 minutes hard, then 2 min jog, then 4 minutes hard, 2 min jog, etc.
7. 12 x 1/1 - 1 minute hard, 1 minute jog - repeat 12 times
8. w/u = warm up c/d = cool down

updated Jan. 3, 2002