

2024-5 Indoor Track - Distance Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25-Nov	BMGC - 2 x 4 x 200 on 2 minutes	ez run up to 30 or x-train or off	up to 60	BMGC - 8 x 400 2 minutes rest	ez run up to 30 or x-train or off	Rotary Track - 25 tempo + 3 x 200	up to 60
2-Dec	BMGC - 8 x 200 on 2 minutes	ez run up to 30 or x-train or off	up to 65	BMGC - 4 x 800 2 minutes rest	ez run up to 30 or x-train or off	Park Run	up to 60
9-Dec	BMGC - 8 x 300 on 2 minutes	ez run up to 30 or x-train or off	up to 70	BMGC - 1200/1000/800/400/ 2 minutes rest	ez run up to 30 or x-train or off	Rotary Track - 25 tempo + 400-300-200	up to 60
16-Dec	BMGC - Time Trial at 800m or 2000m	ez run up to 30 or x-train or off	up to 75	BMGC - 10 x 400 2 minutes rest	ez run up to 30 or x-train or off	Rotary Track - 25 tempo + 5 x 150	up to 60
23-Dec	15 + 12 x 1/1 + 10	up to 80	X-mas - run for 30 to 45 minutes before feasting	10 + 6 x 3/2 + a few hill Sprints	up to 60	Park Run	up to 75
30-Dec	15 +12 x 1:15/45 +10	up to 80	Don't be lazy - run for 30 to 45 mins	10 + 6 x 3/2 + a few hill Sprints	up to 60	Rotary Track - 25 tempo + 400-300-200	up to 45
6-Jan	BMGC - 9 x 300 on 2 minutes + 200 fast	up to 30	up to 75	BMGC - 4 x 1000 + 400 fast OR 4 x 600 + 400 fast 2 minutes rest	off or x-train or ez run + a few strides	Park Run	up to 45
13-Jan	BMGC -8 x 400 on 2.5 mins OR 4 x 3 x 200 on 75 seconds	up to 30	up to 75	BMGC - 5 x 800 + 300 fast OR 6 x 400 + 300 fast 2 minutes rest	off or x-train or ez run + a few strides	Rotary Track - 800 m - 10 tempo - 800m - 10 tempo - 600m 3 min rest between reps = 6 x 100 walk back	up to 45
20-Jan	BMGC - 200 at pace, then 1200m, good rest, then 6 x 200 on 3 mins OR 200 at pace then 500m, good rest then 6 x 200m on 3 mins	up to 30	up to 50	BMGC - 6 x 300 on 3 minutes + relay practice	off or x-train or ez run + a few strides	ACAC Meet 1 - Edmonton	up to 45 ez
27-Jan	BMGC -8 x 400 on 2.5 mins OR 4 x 3 x 200 on 75 seconds	up to 30	up to 75	BMGC - 5 x 1000 + 200 OR 5 x 600 + 200 2 minutes rest	off or x-train or ez run + a few strides	Park Run	up to 45
3-Feb	BMGC - 4 x 1000 2 mins rest + 200 fast OR 3 x 500 on 7 mins + 200 fast	up to 30	up to 50	BMGC - 4 x 1200 + 200 OR 5 x 600 + 200 2 minutes rest	off	Rotary Track - 25 tempo + 400-300-200	up to 45
10-Feb	BMGC - 200 pace then 1200m, good rest, then 3 x 300, good rest OR 200 pace then 500m, good rest, then 3 x 100	up to 30	up to 75	BMGC - 5 x 300, jog a lap between reps, plus relay practice	off or x-train or ez run + a few strides	ACAC Meet 2 - Red Deer	up to 45
2/17/2021 - Reading Week	15 +12 x 1:15/45 +10	up to 30	up to 75	BMGC - 3 x 800 5 min rest + 3 x 100 OR 3 x 300 10 min rest + 3 x 100	off or x-train or ez run + a few strides	Panthers Meet - Med Hat	up to 45
24-Feb	BMGC - 3 x 4 x 200 on 75 seconds OR 6 x 600 on 4 minutes + 200 fast	up to 30	up to 60	BMGC - 5 x 300, jog a lap between reps, plus relay practice	off or x-train or ez run + a few strides	ACAC Meet 3 - Lethbridge	up to 70
3-Mar	BMGC - 3 x 4 x 200 on 75 seconds OR 6 x 600 on 4 minutes + 200 fas	up to 30	up to 60	BMGC - 6 x 600m 4 min rest + 3 x 100 OR 8 x 200m 5 min rest + 3 x 100 + relay practice	off or x-train or ez run + a few strides	Rotary Track - 1000 TT + 20 progressive OR 400TT + 20 progressive	up to 70
3/9/2021	BMGC - 800m, good rest, then 3 x 300, good rest OR 300m, good rest, then 3 x 150, good rest + relay practice	up to 30	up to 40	BMGC - 6 x 200, jog a lap between reps, plus relay practice	travel day	ACAC Champs - Edmonton - Day 1	ACAC Champs - Edmonton - Day 2

To be a good distance runner, y'all need to run a lot. You should be planning to run at least 5 times per week during indoor track season - Priority 1. If you have the time and energy to do more than that, add workouts using the following protocol: Priority 1 - run 5 days a week; Priority 2 - run 5 days a week plus 2 or 3 sessions of weights; Priority 3 - run 6 or 7 days a week plus 2 or 3 weight sessions; Priority 4 - run up to 10 times a week plus 2 or 3 weight sessions

1. X train means something aerobic - swimming, xc skiing, stationary rowing, elliptical, or, if you have to, spin bike
2. Subject to change - I may adjust the workouts a bit as we go. One day a week at BMGC might be enough, if we start getting injuries.
- 3.. We'll meet as a group on Mondays, Thursdays, and Saturdays - Sat may be a meet
- 4.. 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
5. If it works better for you, you can do your longest run on Wednesday or Sunday, rather than Tuesday.
5. 6 x 3/2 - After warm up, run 3 minutes hard, then take a 2 min jog recovery. Repeat 6 times. Then cool down.
6. 15 x 1/1 - 1 minute hard, 1 minute jog - repeat 15 times
7. w/u = warm up c/d = cool down
8. Please make careful note of the dates of the out-of-town meets. We will leave on Friday afternoon for some these races and return to Med Hat in the evening after the last race.
- updated Nov 25, 2023