

Bill's Super-Secret Plan for World Domination While He is on the Other Sides of the Earth

Version 1 – Jan. 17, 2026

I'll be away from Medicine Hat from Jan 26 to Feb 27. I plan to be back for the ACAC 3 meet in Lethbridge – I'll meet you there.

Listed here is the training/racing plan for my absence. Sean, Marvin, and Willis will be minding the fort while I am gone. They should be able to answer most of your questions.

I will check my non-college e-mail periodically during my trip. You can reach me at the following e-mail

runquickdotcom@gmail.com

Athlete Groups

Long Group = 1500/3000

Logan P, Ethan M (Club), Ellie, Maddy, Pheonix

Long/Short Group = 600/1000/1500

Keegan, Logan M, Reyna, Hanny, Ciana

Note: Ciana does ½ the reps until she figures out her heart issue

Short Group = 600/1000

Askia, Griff, Presley, Ava, Addy Slaymaker, Elise

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Monday Workouts - Big Marble Go 7:15 p.m. or 6:30 p.m. on Trevor Days

Jan 26

All groups – 2 x broken 1200m - 8 minutes between the two 1200s

A broken 1200m is (600m at 3 km pace- break, then start on 5 minutes, 400m at 1500m pace- break, then start on 9 minutes - 200m at 800m pace)

Feb 2

Short Group - 150 at 400m pace, good rest, then 3 x 300 on 10 minutes, at 400m pace, good rest, then fast 150

Long/Short Group - 4 x 600 at 1500m pace on 5.5 minutes, good rest, then 200 fast

Long Group - 4 x 1000 (4 x 800 girls) on 5.5 minutes, good rest, then 200 fast

Feb 9 Trevor Day

Short Group - 200m at 600m pace, good rest, then 500m at 600m pace, good rest, then 4 x 300 on 5 minutes at 1500m pace

Long/Short Group - 200m at 1500m pace, good rest, then 800m at 1500m pace, good rest, then 4 x 300 on 5 minutes at 1500m pace

Long Group – 200m at 3 km pace, good rest, then 1600m at 3 km pace, good rest, then 4 x 300 on 5 minutes at 1500m pace

Feb 16 (Family Day – on your own – outside, not at Big Marble Go)

All groups - 10 min warm up run, then 6 x 3 min hard/ 2 min jog, then 5 min cool down

Feb 23 Trevor Day

Short Group - 200m at 800m pace, good rest, then 3 x 500 m at 800m pace on 7 minutes, good rest, then 3 x 150m fast, walk/jog 2 laps

Long/Short Group - 200m at 1500m pace, good rest, then 800m at 1500m pace, good rest, then 6 x 200m at 1500m pace on 3.5 minutes

Long Group – 200m at 3 km pace, 1600m at 3 km pace, good rest, then 6 x 200 at 1500m pace on 3.5 minutes

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Thursday Workouts Big Marble Go 5:30 p.m.

Jan 29

Short Group and Long/Short Group- 4 x (3 x 200m on 90 seconds at 800m pace), 6 min set break
(Note – Girls should be 800m pace + 2 seconds per lap)

Long Group – 9 x 400 on 3.5 minutes (girls do 5 x 400, skip one rep, then 3 x 400), good rest, then fast 200

Feb 5

Short Group and Long/Short Group- 4 x (3 x 200m on 90 seconds at 800m pace), 6 min set break
(Note – Girls should be 800m pace + 2 seconds per lap)

Long Group – 6 x 600 on 4.5 minutes (girls do 3 x 600, skip one rep, then 2 x 600), good rest, then fast 200

Feb 12

All Groups – 5 x 300m – 4 reps at 1500 m pace – last rep at 800m pace, jog slowly 1.5 laps between reps, then do a few relay passes.

Feb 19 (Note – Panthers Meet on Saturday is not an important meet, so we are doing a more difficult Thursday workout than we'd normally do before a meet)

Short Group and Long/Short Group- 4 x (3 x 200m on 90 seconds at 800m pace), 6 min set break
(Note – Girls should be 800m pace + 2 seconds per lap)

Long Group – 9 x 400 on 3.5 minutes (girls do 5 x 400, skip one rep, then 3 x 400), good rest, then fast 200

Feb 26

All Groups – 5 x 300m – 4 reps at 1500 m pace – last rep at 800m pace, jog slowly 1.5 laps between reps, then do a few relay passes.

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Saturday Races/Workouts

Jan 24 ACAC 1 – Edmonton (all events)

Logan P	1500, 3000, 4 x 4 Men's A
Logan M	1000, 4 x 4 Men's B
Keegan	1000, 4 x 4 Men's B
Griff	1000, 4 x 4 Men's B
Askia	1000, 4 x 2 Men's, 4 x 4 Men's A
Ellie	3000, 4 x 4 Men's B
Hanny	1000, 4 x 4 Women
Addy	1000, 4 x 4 Women
Reyna	1500, 4 x 2 Women, 4 x 4 Women
Elise	1000, 600, 4 x 4 Alternate

Cianna, Presley, Ava not competing

Jan 31 College 10:30 a.m. – 10 mins warm up, then 30 mins of College Ave Hills, 6 x 100

Feb 7 College 10:30 a.m. – 40 progression run, then 6 x 100

Feb 14 ACAC #2 - Red Deer Meet (no 300 or 60)

Logan P	1000, 3000, 4 x 4 Men's Relay
Logan M	600, 1000 or Relay
Keegan	600, 1000 or Relay
Griff	600, 1000 or Relay
Askia	600, 4 x 2 Men's, 4 x 4 Men's A
Ellie	3000, 600 or Relay
Hanny	1500, 600 or Relay
Addy	600, 1000 or Relay
Reyna	1000, 4 x 2 Women, 4 x 4 Women
Elise	600, 1000 or Relay
Presley	600 (2:05) and 1000 (3:50)

- Use conversions from Edmonton Meet for seed times, except for Presley
- This is the start of Reading Week, so I'm not 100% sure who will be going.
- Cianna and Ava not available

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Saturday Races/Workouts (cont.)

Feb 21 Panthers Meet – Big Marble (outdoor distances, no 4 x 4)

Logan P	800 and relay
Logan M	800 and relay
Keegan	800 and relay
Griff	400 and relay
Askia	400 and relay
Ethan (club)	1500, 800 and relay
Ellie	800 and relay
Hanny	800 and Relay
Addy	400 and Relay
Reyna	800 and Relay
Elise	800 and Relay
Ava?	400 and Relay

- Don't bother with seed times
- This is the end of Reading Week, so I'm not 100% sure who will be going.
- Cianna and Presley not available

Feb 28 ACAC 3 – Lethbridge (no 1000 or 3000)

Ethan (Club)??	1500 (4:35), 600 (1:38)
Logan P	1500, 4 x 4 Men's A
Logan M	600, 300 or Relay
Keegan	1500, 600 or Relay
Griff	600, 300 or Relay
Askia	600, 4 x 2 Men's, 4 x 4 Men's A
Ellie	1500 (she hates it, but whatever), Relay
Hanny	600, 4 x 4 women
Addy	600, 4 x 4 Women
Reyna	600, 4 x 2 Women, 4 x 4 Women
Elise	600 300 or Relay
Cianna	Put her on B team or Mixed 4 x 4
Maddy *	1500 (5:20) and 4 x 4 Relay
Pheonix *	1500 (5:30) and Relay

- Use seed times or conversions from previous meets
- This is the start of Reading Week, so I'm not 100% sure who will be going.
- Ava and Presley not available

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- I've spoken with Maddy and Pheonix about IT; Maddy said maybe. Maybe pester them a few times in Feb and see if they are open to doing this meet and Provs. I'll reach out to both again before I leave.

Mar 6,7 ACAC Champs (all events, 2-day meet, one relay per school)

Logan P	1500,3000 4 x 4 Men's A
Logan M	1000, 600 or Relay alternate
Keegan	1000, 1500
Griff	1000, 600
Askia	1000?, 600, 4 x 2 Men's, 4 x 4 Men's A
Ellie	3000, Relay alternate
Hanny	1000, 600 or 4 x 4 women
Addy	1000, 600 or 4 x 4 Women
Reyna	1000, 1500?, 4 x 2 Women, 4 x 4 Women
Elise	1000, 600
Presley	1000, 600
Maddy *	1500, 3000 and 4 x 4 Relay
Pheonix *	1500, 3000

Athletes - If you need to make changes, talk to Sean and work something out. Also, please keep Sean in the loop about if you can or cannot go to the meets listed in this document.

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Estimated Pacing Chart

Name	Group	3k	3k pace per 200	1.5k	1.5k pace per 200	1.5k pace per 300	800	800 pace per 200	400	400 pace per 200
Logan P	Long	9:30	38	4:24	35.5	53	2:05	31.2	55	27.5
Ethan	Long	10:30	42	4:45	38	57	2:12	33	55	27.5
Keegan	Long/Short	11:15	45	4:50	39	58	2:16	34	63	31.5
Logan M	Long/Short	11:40	46.5	5:15	42	63	2:25	36	60	30
Griff	Short	12:00	48	5:25	43.5	65	2:30	37.5	63	31.5
Askia	Short	10:30	42	4:40	37.5	56	2:08	32	54	27
Addy Slay	Short	12:40	51	5:55	47.5	71	2:50	42.5	70	35
Reyna	Long/Short	11:50	47	5:25	43.5	65	2:35	39	66	33
Ellie	Long	12:20	49.5	5:40	45.5	68	2:45	41	75	37.5
Hanny	Long/Short	13:15	53	6:05	48.5	72.5	2:55	44	70	35
Presley	Short	13:15	53	6:05	48.5	72.5	2:55	44	72	36
Elise	Short	13:40	55	6:20	50.5	75.5	3:04	46	78	39
Ava	Short	13:40	55	6:20	50.5	75.5	3:04	46	66	33
Cianna	Long/Short	13:40	55	6:20	50.5	75.5	3:04	46	80	40
Maddy	Long	11:00	44	5:15	42	63	2:30	37.5	66	33
Pheonix	Long	11:25	45.5	5:20	43	64.5	2:35	39	70	35

Note: For 600m pace, subtract 1.5 to 2 seconds per 200m from 800m pace

These are my best guesses as of early January. On a given night, you may be faster or slower than these times. They are meant to provide a guide to how fast you should be running your workouts. You should strive to run each rep at close to the same time with your last one a bit quicker than the average.

You'll need to do the math, kids.

For example, if Addy Slaymaker were to do 600m repeats at 1500m pace, she'd be running her 600s in 2:21.5 (3 x 200m x 47.5), or if Logan P were to do 1000m repeats at 3k pace, he'd be running his 1000m reps in 3:10 (5 x 200m x 38)