

# 2016 – Times Colonist 10Km 3x a Week Training Schedule

## February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start this Week Week 1	<b>1</b> 40-60 min. focus on technique	<b>2</b>	<b>3</b> 40-60 min. focus on small hills	<b>4</b>	<b>5</b> 40-60 min. cruisin'	<b>6</b>
<b>7</b> Week 2	<b>8</b> 40-60 min. focus on technique	<b>9</b>	<b>10</b> 40-60 min. focus on small hills	<b>11</b>	<b>12</b> 40-60 min. cruisin'	<b>13</b>
<b>14</b> Week 3	<b>15</b> continue as above	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> Week 4 3 x 60 min.	<b>22</b> incl. 20 min hill technique	<b>23</b>	<b>24</b> incl. 25 min effort/easy intervals	<b>25</b>	<b>26</b> 60 min. cruisin'	<b>27</b>
<b>28</b> Week 5 3 x 60-65 min.	<b>29</b> incl. 20 min hill technique					

March 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5 3x 60-65 min		<b>1</b>	<b>2</b> incl. 30 min effort/easy intervals	<b>3</b>	<b>4</b> 65 min. cruisin'	<b>5</b>
<b>6</b> Week 6 3x 60-70 min	<b>7</b> incl. 20 min hill technique	<b>8</b>	<b>9</b> incl. 30 min effort/easy intervals	<b>10</b>	<b>11</b> 70 min. cruisin'	<b>12</b>
<b>13</b> Week 7 3x 60-90 min	<b>14</b> 60 – 80 min fast/technical	<b>15</b>	<b>16</b> 60 min drills & hilly course	<b>17</b>	<b>18</b> 90 min. cruisin'	<b>19</b>
<b>20</b> Week 8 3x 60-95 min	<b>21</b> 60 – 80 min fast/technical	<b>22</b>	<b>23</b> 60 min drills & hilly course	<b>24</b>	<b>25</b> 95 min. cruisin'	<b>26</b>
<b>27</b> Week 9 3x 60-100 min	<b>28</b> 60 – 80 min fast/technical	<b>29</b>	<b>30</b> 60 min drills & hilly course	<b>31</b>		

April 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 100 min. cruisin'	<b>2</b>
<b>3</b> Week 10 3x 60-105 min	<b>4</b> 60 – 80 min fast/technical	<b>5</b>	<b>6</b> 60 min drills & hilly course	<b>7</b>	<b>8</b> 105 min. cruisin'	<b>9</b>
<b>10</b> Week 11 3x 60 – 110 min	<b>11</b> 60 – 80 min fast/technical	<b>12</b>	<b>13</b> 60 min drills & hilly course	<b>14</b>	<b>15</b> 110 min. cruisin'	<b>16</b>
<b>17</b> Week 12 3x 60- 105 min	<b>18</b> 60 – 80 min fast/technical	<b>19</b>	<b>20</b> 110 min. cruisin'	<b>21</b> 60 min drills & hilly course	<b>22</b> Rest last couple of days	<b>23</b> Keep Stretching Head down to Victoria
<b>24</b> TC 10K Event Victoria, BC	<b>25</b> Congratulations! You made it!	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

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