	Winter training plan		Goal 500 mi / 4000 min		email: kelly.ellington@neenah.k12.wi.us if you need any guidance or ha			re questions	
		Scroll down for	more instructio	ns and workout	details				
	***This plan is	set up for mid ra	inge, you can go	down to 400 m	iles or up to 600): adjust miles up	or down acco		
Dates	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Miles	Minutes
1 11/30-12/6	3 mi/30 min	Cross train	3 mi/30 min	3 mi/30 min	3 mi/30 min	3 mi/30 min	off	15	150
2 12/7-12/13	3 mi/30 min	Cross train	4 mi/40 min	4 mi/40 min	3 mi/30 min	4 mi/40 min	off	18	18
3 12/14-12/20	4 mi/40 min	Cross train	4 mi/40 min	4 mi/40 min	3 mi/30 min	5 mi/45 min	off	20	19
4 12/21-12/27	4 mi/40 min	Cross train	4 mi/40 min	4 mi/40 min	3 mi/30 min	5 mi/45 min	off	20	19
5 12/28-1/3	4 mi/40 min	Cross train	5 mi/45 min	4 mi/40 min	4 mi/40 min	5 mi/45 min	off	22	21
6 1/4-1/10	4 mi/40 min	Cross train	5 mi/45 min	4 mi/40 min	4 mi/40 min	5 mi/45 min	off	22	21
7 1/11-1/17	5 mi/45 min	Cross train	4 mi/40 min	5 mi/45 min	4 mi/40 min	6 mi/50 min	off	24	22
8 1/18-1/24	4 mi/40 min	Cross train	5 mi/45 min	5 mi/45 min	4 mi/40 min	6 mi/50 min	off	24	22
9 1/25-1/31	5 mi/45 min	Cross train	5 mi/45 min	5 mi/45 min	4 mi/40 min	6 mi/50 min	off	25	22
10 2/1-2/7	5 mi/45 min	Cross train	5 mi/45 min	5 mi/45 min	4 mi/40 min	6 mi/50 min	off	25	22
11 2/8-2/14	4 mi/40 min	3-4 mi/30-40 min	5mi run	3-4 mi/30-40 min	4 mi/40 min	6 mi/50 min	off	25	22
12 2/15-2/21	4 mi/40 min	3 mi/30 min	5 mi/45 min	4 mi/40 min	4 mi/40 min	6 mi/50 min	off	27	24
13 2/22-2/28	4 mi/40 min	3 mi/30 min	5 mi/45 min	4 mi/40 min	4 mi/40 min	6 mi/50 min	off	27	24
14 3/1-3/7	4 mi/40 min	3 mi/30 min	5 mi/45 min	4 mi/40 min	4 mi/40 min	6 mi/50 min	off	27	24
15 3/8-3/14	5 mi/45 min	workout #1	4-6mi/40-50 min	4 mi/40 min	3-5mi/30-45 min	7 mi/55 min	off	29	27
16 3/15-3/21	5 mi/45 min	workout #2	4-6mi/40-50 min	workout #3	3-5mi/30-45 min	7 mi /55 min	off	29	27
17 3/22-3/28	6 mi/50 min	workout #1	4-6mi/40-50 min	workout #3	4-6mi/40-50 min	8 mi/60 min	off	32	30
18 3/29/4/4	6 mi/50 min	workout #2	4-6mi/40-50 min	workout #3	4-6mi/40-50 min	8 mi /60 min	off	32	30
19 4/5-4/11	6 mi/50 min	workout #1	4-6mi/40-50 min	workout #3	4-6mi/40-50 min	8 mi//60 min	off	32	30
20 4/12-4/18	3-5mi/30-45 min	workout #2	5 mi/45 min	3-5mi/30-45 min	4 mi/40 min	5 mi/45 min	off	25	25
								500	
	If you need to cha	ange around days in	the week feel free	e, but notice the pa	tterns are created	for a reason :)			
amount of time list to have a good ba So, if you run for y basic strength train some mini workou your strength train if track is clear run and drills followed jogging on the cur out faster on the s	ted. Coaches and 1 sic foundation of 1 is four mins that is finning. If you come to to on instagram to ing. If you have we leave to one of the coache. Ins and Outs 10 min warm up by 8 laps of yes and striding traights, then cool	eam leaders can he tness by the time th e and will be a gree o winter running/wo o that are great. Cre eights you do at hor	elp guide anyone ne season starts so at benefit to you. Crirkout on Mon and a ss training for other ne or any good boo Workout #2: Hills: warm up 10 min and drills	eeding workout ide we can build spec ross training days zoom on Wed you er events will vary	ific speed and stream be should be swill get some great on your ever would be good. Workout #3: up 10 min and dri 10 or 15 min hard on your event. The not as fast as you	is great for all even right for each event ome cardio for runn ti deas. Many elite t at but it is a great death of the control	ts as the goal is from that base. ers with some rack athletes pos	st	
run 15 min with ev	er other min		hills, cool down		talking at (if you o	hoose 5 min, rest 5			
	1 11/30-12/6 2 12/7-12/13 3 12/14-12/20 4 12/21-12/27 5 12/28-1/3 6 1/4-1/10 7 1/11-1/17 8 1/18-1/24 9 1/25-1/31 10 2/1-2/7 11 2/8-2/14 12 2/15-2/21 13 2/22-2/28 14 3/1-3/7 15 3/8-3/14 16 3/15-3/21 17 3/22-3/28 18 3/29/4/4 19 4/5-4/11 20 4/12-4/18 Mid distance and amount of time list to have a good baso, if you run for y basic strength trainsome mini workou your strength your your your your your your your your	Dates Day 1 1 11/30-12/6 3 mi/30 min 2 12/7-12/13 3 mi/30 min 3 12/14-12/20 4 mi/40 min 4 12/21-12/27 4 mi/40 min 5 12/28-1/3 4 mi/40 min 6 1/4-1/10 4 mi/40 min 7 1/11-1/17 5 mi/45 min 8 1/18-1/24 4 mi/40 min 9 1/25-1/31 5 mi/45 min 10 2/1-2/7 5 mi/45 min 11 2/8-2/14 4 mi/40 min 12 2/15-2/21 4 mi/40 min 13 2/22-2/28 4 mi/40 min 14 3/1-3/7 4 mi/40 min 15 3/8-3/14 5 mi/45 min 16 3/15-3/21 5 mi/45 min 17 3/22-3/28 6 mi/50 min 18 3/29/4/4 6 mi/50 min 19 4/5-4/11 6 mi/50 min 19 4/5-4/11 6 mi/50 min 20 4/12-4/18 3-5mi/30-45 min Mid distance and distance runners sl amount of time listed. Coaches and to have a good basic foundation of fi So, if you run for your mins that is fin basic strength training. If you come to some mini workouts on instagram to your strength training. If you come to some mini workouts on instagram to your strength training. If you come to some mini workouts on instagram to your strength training. If you have we will fi track is clear run 10 min warm up and drills followed by 8 laps of jogging on the curves and striding out faster on the straights, then cool	Dates Day 1 Day 2 1 11/30-12/6 3 mi/30 min Cross train 2 12/7-12/13 3 mi/30 min Cross train 3 12/14-12/20 4 mi/40 min Cross train 4 12/21-12/27 4 mi/40 min Cross train 5 12/28-1/3 4 mi/40 min Cross train 6 1/4-1/10 4 mi/40 min Cross train 7 1/11-1/17 5 mi/45 min Cross train 8 1/18-1/24 4 mi/40 min Cross train 9 1/25-1/31 5 mi/45 min Cross train 10 2/1-2/7 5 mi/45 min Cross train 11 2/8-2/14 4 mi/40 min 3-4 mi/30-40 min 12 2/15-2/21 4 mi/40 min 3 mi/30 min 13 2/22-2/28 4 mi/40 min 3 mi/30 min 14 3/1-3/7 4 mi/40 min 3 mi/30 min 15 3/8-3/14 5 mi/45 min workout #1 16 3/15-3/21 5 mi/45 min workout #1 17 3/22-3/28 6 mi/50 min workout #1 18 3/29/4/4 6 mi/50 min workout #1 19 4/5-4/11 6 mi/50 min workout #1 20 4/12-4/18 3-5mi/30-45 min workout #2 Mid distance and distance runners should run the miles amount of time listed. Coaches and team leaders can he to have a good basic foundation of fitness by the time th So, if you run for your mins that is fine and will be a gree basic strength training. If you come to winter running/wo some mini workouts on instagram too that are great. Croyour strength training. If you have weights you do at hor work out #1: Ins and Outs if track is not clear run 15 min with ever other min	Dates Day 1 Day 2 Day 3 1 11/30-12/6 3 mi/30 min Cross train 3 mi/30 min 2 12/7-12/13 3 mi/30 min Cross train 4 mi/40 min 3 12/14-12/20 4 mi/40 min Cross train 4 mi/40 min Cross train 5 mi/45 min 6 1/4-1/10 4 mi/40 min Cross train 5 mi/45 min 7 1/11-1/17 5 mi/45 min Cross train 5 mi/45 min Cross train 6 1/4-1/10 4 mi/40 min Cross train 5 mi/45 min 7 1/11-1/17 5 mi/45 min Cross train 5 mi/45 min 7 1/11-1/17 5 mi/45 min Cross train 5 mi/45 min 7 1/12-1/17 5 mi/45 min Cross train 5 mi/45 min 10 2/1-2/7 5 mi/45 min Cross train 5 mi/45 min 11 2/8-2/14 4 mi/40 min 3-4 mi/30-40 min 5 mi/45 min 11 2/8-2/14 4 mi/40 min 3 mi/30 min 5 mi/45 min 11 2/8-2/14 4 mi/40 min 3 mi/30 min 5 mi/45 min 11 3 2/22-2/28 4 mi/40 min 3 mi/30 min 5 mi/45 min 11 3/1-3/7 4 mi/40 min 3 mi/30 min 5 mi/45 min 11 3/1-3/7 4 mi/40 min 3 mi/30 min 5 mi/45 min 11 3/1-3/2 5 mi/45 min 11 3/1-3/2 5 mi/45 min 11 3/1-3/2 6 mi/45 min 11 3/1-3/2 6 mi/45 min 11 3/1-3/2 6 mi/45 min 11 3/1-3/2 7 mi/45 min 11 3/1-3/2 6 mi/45 min 11 3/1-3/2 7 mi/45 min 11 3/1-3/2 8 m	Dates Day 1 Day 2 Day 3 Day 4	Dates Day 1 Day 2 Day 3 Day 4 Day 5 1 11/30-12/6 3 mi/30 min Cross train 3 mi/30 min 4 mi/40 min 4 mi/40 min 3 mi/30 min 4 mi/40 min 4 mi/40 min 3 mi/30 min 5 12/28-1/3 4 mi/40 min Cross train 5 mi/45 min 4 mi/40 min 6 1/4-1/10 4 mi/40 min Cross train 5 mi/45 min 4 mi/40 min 4 mi/40 min 7 1/11-1/17 5 mi/45 min Cross train 5 mi/45 min 5 mi/45 min 4 mi/40 min 4 mi/40 min 8 1/18-1/24 4 mi/40 min Cross train 5 mi/45 min 5 mi/45 min 4 mi/40 min 9 1/25-1/31 5 mi/45 min Cross train 5 mi/45 min 5 mi/45 min 4 mi/40 min 10 2/1-2/7 5 mi/45 min Cross train 5 mi/45 min 5 mi/45 min 4 mi/40 min 11 2/8-2/14 4 mi/40 min 3 mi/30 min 5 mi/45 min 5 mi/45 min 4 mi/40 min 12 2/15-2/21 4 mi/40 min 3 mi/30 min 5 mi/45 min 4 mi/40 min 4 mi/40 min 13 2/22-2/28 4 mi/40 min 3 mi/30 min 5 mi/45 min 4 mi/40 min 4 mi/40 min 14 3/1-3/7 4 mi/40 min 3 mi/30 min 5 mi/45 min 4 mi/40 min 4 mi/40 min 14 3/15-3/21 5 mi/45 min 3 mi/30 min 5 mi/45 min 4 mi/40 min 4 mi/40 min 15 3/8-3/14 5 mi/45 min mi/30 min 5 mi/45 min 4 mi/40 min 4 mi/40 min 16 3/18-3/21 5 mi/45 min workout #1 4-6mi/40-50 min 4 mi/40 min 3-5mi/30-45 min 17 3/22-3/28 6 mi/50 min workout #1 4-6mi/40-50 min workout #3 4-6mi/40-50 min workou	Dates Day 1 Day 2 Day 3 Day 4 Day 5 Day 6	Name	This plan is set up for mid range, you can go down to 400 miles or up to 600: adjust miles up or down accordingly Total Dates Day 1