

<b>Winter training plan</b>		Goal 500 mi / 4000 min		email: <a href="mailto:kelly.ellington@neenah.k12.wi.us">kelly.ellington@neenah.k12.wi.us</a> if you need any guidance or have questions							
Scroll down for more instructions and workout details											
<b>***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</b>											
Week	Dates	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total 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	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	4 mi/40 min	off	18	180
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	5 mi/45 min	off	20	195
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	5 mi/45 min	off	20	195
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	5 mi/45 min	off	22	210
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	5 mi/45 min	off	22	210
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	6 mi/50 min	off	24	220
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	6 mi/50 min	off	24	220
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	6 mi/50 min	off	25	225
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	6 mi/50 min	off	25	225
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	6 mi/50 min	off	25	225
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	6 mi/50 min	off	27	245
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	6 mi/50 min	off	27	245
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	6 mi/50 min	off	27	245
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	7 mi/55 min	off	29	275
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	7 mi /55 min	off	29	275
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	8 mi/60 min	off	32	300
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	8 mi /60 min	off	32	300
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	8 mi//60 min	off	32	300
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	5 mi/45 min	off	25	250
									500		
If you need to change around days in the week feel free, but notice the patterns are created for a reason :)											
<p>Mid distance and distance runners should run the miles listed. Other events can run some and do an appropriate workout for their event for the amount of time listed. Coaches and team leaders can help guide anyone needing workout ideas. Some running is great for all events as the goal is to have a good basic foundation of fitness by the time the season starts so we can build specific speed and strength for each event from that base. So, if you run for your mins that is fine and will be a great benefit to you. Cross training days can be should be some cardio for runners with some basic strength training. If you come to winter running/workout on Mon and zoom on Wed you will get some great ideas. Many elite track athletes post some mini workouts on instagram too that are great. Cross training for other events will vary based on your event but it is a great day to focus on your strength training. If you have weights you do at home or any good body weight workout would be good.</p>											
<p><b>Work out #1:Ins and Outs</b> if 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 down for 10 min. (if track is not clear run 15 min with ever other min jogging and striding)</p>				<p><b>Workout #2: Hills:</b> warm up 10 min and drills followed by 6-10 hills, cool down 10 min</p>			<p><b>Workout #3:Tempos:</b> warm up 10 min and drills followed by 5, 10 or 15 min harder run depending on your event. The run should feel not as fast as you could go all out but a pace you would have trouble talking at (if you choose 5 min, rest 5 and repeat) cool down 10 min</p>				