

Winter training plan / new to track or running      Goal 270 mi / 2700 min.      email: [kelly.ellington@neenah.k12.wi.us](mailto:kelly.ellington@neenah.k12.wi.us) if you need any guidance or have questions

Scroll down for more instructions and workout details

Week	Dates	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total	
									Miles	Minutes
1	11/30-12/6	1 mi/15 min	Cross train	1.5 mi/20 mi	Cross train	2.5 mi/30 min	off	off	5	65
2	12/7-12/13	2 mi/20 min	Cross train	2 mi/20 min	Cross train	3 mi/30 min	off	off	7	70
3	12/14-12/20	2 mi/20 min	Cross train	2 mi/20 min	Cross train	4mi/40 min	off	off	8	80
4	12/21-12/27	2 mi/20 min	Cross train	3 mi/30 min	Cross train	4 mi/40 min	off	off	9	90
5	12/28-1/3	3 mi/30 min	Cross train	3 mi/30 min	Cross train	4 mi/40 min	off	off	10	100
6	1/4-1/10	3 mi/30 min	Cross train	3 mi/30 min	Cross train	4 mi/40 min	off	off	10	100
7	1/11-1/17	3 mi/30 min	Cross train	3 mi/30 min	Cross train	2 mi/20 min	4 mi/40 min	off	12	120
8	1/18-1/24	3 mi/30 min	Cross train	3 mi/30 min	Cross train	2 mi/20 min	4 mi/40 min	off	12	120
9	1/25-1/31	3 mi/30 min	Cross train	4 mi/40 min	Cross train	3 mi/30 min	4 mi/40 min	off	14	140
10	2/1-2/7	3 mi/30 min	Cross train	4 mi/40 min	Cross train	3 mi/30 min	4 mi/40 min	off	14	140
11	2/8-2/14	3-4 mi/30-40 min	Cross train	3-4 mi/30-40 min	Cross train	3 mi/30 min	5 mi/50 min	off	15	150
12	2/15-2/21	3-4 mi/30-40 min	Cross train	3-4 mi/30-40 min	Cross train	3 mi/30 min	5 mi/50 min	off	15	150
13	2/22-2/28	3-4 mi/30-40 min	Cross train	3-4 mi/30-40 min	Cross train	3-4 mi/30-40 min	5 mi/50 min	off	16	160
14	3/1-3/7	3-4 mi/30-40 min	workout #1	3-4 mi/30-40 min	3-4 mi/30-40 min	3 mi/30 min	5 mi/50 min	off	18	180
15	3/8-3/14	3-4 mi/30-40 min	workout #2	3-4 mi/30-40 min	3-4 mi/30-40 min	3 mi/30 min	5 mi/50 min	off	18	180
16	3/15-3/21	4 mi/40 min	workout #1	3 mi/30 min	workout #3	Cross train	5 mi/50 min	off	20	200
17	3/22-3/28	3-4 mi/30-40 min	workout #2	3 mi/30 min	workout #3	3-4 mi/30-40 min	5 mi/50 min	off	20	200
18	3/29/4/4	3-4 mi/30-40 min	workout #1	3 mi/30 min	workout #3	3-4 mi/30-40 min	5 mi/50 min	off	22	220
19	4/5-4/11	4 mi/40 min	workout #2	4 mi/40 min	workout #3	4 mi/40 min	5 mi/50 min	off	25	250
20	4/12-4/18	4 mi/40 min	4 mi/40 min	4 mi/40 min	4 mi/40 min	Cross train	4 mi/40 min	off	20	200
									270	2700

If you need to change around days in the week feel free, but notice the patterns are created for a reason :)

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 new team members if they need 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.

**Work out #1:Ins and Outs**  
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)

**Workout #2:**  
**Hills:**  
warm up 10 min and drills followed by 6-10 hills, cool down 10 min

**Workout #3:Tempos:** 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