

Girls Distance Track and Field Winter Conditioning Schedule

PURPOSE: The purpose of distance training in the winter is to build and maintain a strong foundation of mileage to then add speed training to during the track season. Track distance runners SHOULD be strong distance runners who maintain high levels of mileage during both cross country and track seasons. Winter conditioning maintains this base.

EXPECTATIONS:

- + Runners will be running starting 11/18 to our start date of 1/11 track practice. This excludes injured runners. Varsity runners should be running 30+ by January, JV running 20+ miles by January.
- + Runners will attend 2x Winter Conditioning practices throughout November/December- meeting at 2:45 outside A-100.
- + Runners will work on complete 2x strength workouts each week, 2x abs and lunges, 2x YOGA FLOW, and 1x day off/xt
- + Runners will LOG THEIR MILEAGE via Final Surge. If you do not have a Final Surge account, email Coach Harrison

STRENGTH CIRCUITS:

<u>ABS CIRCUIT x 2</u>	<u>LUNGE MATRIX x 2</u>	<u>STRENGTH CIRCUIT x 2</u>	<u>YOGA FLOW x 1</u>
Leg lifts x 10 Butterfly cross x 10 Straight leg sit up x 10 Bicycle x 20 Shoulder taps x 10 Superman x 10 Donkey kicks x 10 Plank x 1 minute 30 sec. Side plank (each) 30 sec bw bridge hold	Repeat all twice (each leg) Start with knee up before each: "Power Position" SQUAT Lunge to front Lunge to side Lunge criss-cross Lunge turn around Lunge to back SQUAT	Repeat each circuit for 3 minutes and repeat twice with a minute rest between each (16-17 minutes) CIRCUIT ONE 10 wide leg squats 10 push-ups 10 step-ups 10 chair dips CIRCUIT TWO 10 mountain climbers 10 squat jacks 10 crab walk 10x each way 10 floor to push up	Complete a YOGA FLOW for a minimum of 20 minutes at least once a week Example YOGA FLOW: https://www.youtube.com/watch?v=uC2Q6KynZi8

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VARSITY RUNNERS (mileage may vary by athlete- check Final Surge) *anyone running <24:00 on XC 5K*

Week of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11/15-11/21	3-4 miles	2 miles	3-4 miles w/ lunge/abs	2 miles	4 miles STRENGTH CIRCUIT	5-6 miles (40-50 min) YOGA FLOW	OFF/2 lunge/abs WEEKLY: 19-24
11/22- 11/28	3-4 miles	3 miles	3-4 miles w/ lunge/abs	3 miles	3-4 miles STRENGTH CIRCUIT	5-6 miles (40-50 min) YOGA FLOW	OFF/2 lunge/abs WEEKLY: 20- 27
11/29- 12/5	4 miles w/ pick up at end (drop :30 second from pace)	3 miles w/ lunge/abs	4-5 miles STRENGTH CIRCUIT	3 miles w/ lunge/abs	3-4 miles STRENGTH CIRCUIT	5-6 miles (40-50 min)	OFF/2 YOGA FLOW WEEKLY: 22-28
12/6- 12/12	5 miles w/ pick up at end (drop :45 second from pace)	3-4 miles w/ lunge/abs	4-5 miles STRENGTH CIRCUIT	3-4 miles w/ lunge/abs	3 miles STRENGTH CIRCUIT	6-7 miles (50-65 min)	OFF/2 YOGA FLOW WEEKLY: 24-30
12/13-12/19	5 miles w/ pick up at end (drop :60 second from pace)	4 miles w/ lunge/abs	4-5 miles STRENGTH CIRCUIT	3 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	6-7 miles (50-65 min)	OFF/2 YOGA FLOW WEEKLY: 26-30

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12/20- 12/26	5 miles w/ pick up at end (drop :45 second from pace- last two miles)	4 miles w/ lunge/abs	4-5 miles STRENGTH CIRCUIT	4 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	6-7 miles (50-65 min)	OFF/2 YOGA FLOW WEEKLY: 26-30
12/27- 1/2	5 miles w/ pick up at end (drop :60 second from pace- last two miles)	4 miles w/ lunge/abs	3-4 miles STRENGTH CIRCUIT 2 miles	4 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	6-7 miles (50-65 min)	OFF/2 YOGA FLOW WEEKLY: 28-32
1/3 - 1/9	6 miles (no pick up- <u>time yourself</u>)	4 miles w/ lunge/abs	4-5 miles STRENGTH CIRCUIT 2 miles	4 miles w/ lunge/abs	3 miles STRENGTH CIRCUIT	7-8 miles (60-75 min)	OFF/2 YOGA FLOW WEEKLY: 30- 34

You may rearrange days/mileage- make sure you are hitting between the mileage range each week.

If you would like to run more, add no more than 1 mile to any day.

Cross-training encouraged! Biking, swimming, pool running, rowing advised 1-2 days.

Focus on base runs, abs, and strength training

GOAL= EVERY VARSITY RUNNER AT 30 miles + by JANUARY 10th

Girls Distance Track and Field Winter Conditioning Schedule

JUNIOR VARSITY RUNNERS (mileage may vary by athlete- check Final Surge) *anyone running >24:00 on XC 5K*

Week of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11/15-11/21	X	X	3 miles w/ lunge/abs	2 miles	3-4 miles STRENGTH CIRCUIT	4-5 miles (40-50 min) YOGA FLOW	OFF/2 lunge/abs WEEKLY: 12-16
11/22- 11/28	1-2 miles	2 miles	3 miles w/ lunge/abs	2 miles	3-4 miles STRENGTH CIRCUIT	4-5 miles (40-50 min) YOGA FLOW	OFF/2 lunge/abs WEEKLY: 15-20
11/29- 12/5	3 miles	2 miles w/ lunge/abs	3-4 miles STRENGTH CIRCUIT	2 miles w/ lunge/abs	3-4 miles STRENGTH CIRCUIT	4-5 miles (40-50 min)	OFF/2 YOGA FLOW WEEKLY: 17- 22
12/6- 12/12	3 miles	2-3 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	2-3 miles w/ lunge/abs	3 miles STRENGTH CIRCUIT	4-5 miles (40-50 min)	OFF/2 YOGA FLOW WEEKLY: 18-23
12/13-12/19	4 miles w/ pickup last mile (:30 sec off pace)	2-3 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	2-3 miles w/ lunge/abs	3-4 miles STRENGTH CIRCUIT	5 miles (50 min)	OFF/2 YOGA FLOW WEEKLY: 20- 25

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12/20- 12/26	4 miles w/ pick up at end (drop :45 second from pace- last two miles)	2-3 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	2-3 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	5 miles (50 min)	OFF/2 YOGA FLOW WEEKLY: 21-26
12/27- 1/2	4 miles w/ pick up at end (drop :60 second from pace- last two miles)	3 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	3 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	5-6 miles (50-60 min)	OFF/2 YOGA FLOW WEEKLY: 23- 26
1/3 - 1/9	5 miles (no pick up- <u>time yourself</u>)	3-4 miles w/ lunge/abs	4 miles STRENGTH CIRCUIT	3-4 miles w/ lunge/abs	3 miles STRENGTH CIRCUIT	6 miles (60 min)	OFF/2 YOGA FLOW WEEKLY: 24- 28

You may rearrange days/mileage- make sure you are hitting between the mileage range each week.

If you would like to run more, add no more than 1 mile to any day.

Cross-training encouraged! Biking, swimming, pool running, rowing advised 1-2 days.

Focus on base runs, abs, and strength training

GOAL= EVERY VARSITY RUNNER AT 25+ miles by JANUARY 10th