

Winter Week (starting Mon)	Rolling Avg. Mileage Ramp	2019-2020 Winter Training Revision 12/28/2019 8 weeks of Greg's Recommendations for 1600-3200m Varsity Boys Distance (Call/Text Greg with specific questions 707-291-2967)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	VB Weekly Mileage Totals	VB Weekly Mileage Totals (without AM runs)	JV Athletes and VG Weekly Mileage Totals (VB less 20%)
Adjustments for JV Athletes and Varsity Girls: JV Athletes: Follow modest PROGRESSION; eliminate AM workouts, take 20% off all distances (DO NOT EXCEED 45 MILES/WEEK), OD runs not to exceed 9 miles Varsity Girls: Follow moderate to same as VB PROGRESSION; eliminate AM workouts, (check w/Greg to add 2 x AM workouts after week #4), take 20% off all distances (DO NOT EXCEED 50 MILES/WEEK), OD runs not to exceed 12 miles, add 10-12 min.leg lunges/squats routine to Wed and Fri workout.												
#1 Dec 16	41.0	1st wk from Fall XC break: 2 tempo days + 1 speed day + 1 OD day	6 8 MIN CORE OYO	7 UPPER BODY OYO	6 8 MIN CORE OYO	7 UPPER BODY OYO	6 8 MIN CORE OYO	9 UPPER BODY OYO	OFF	41	41	33
#2 Dec 23	47.0	Adding AM sessions 2 x week; ramping total mileage +30 %	6.5 5 8 MIN CORE OYO	7 UPPER BODY OYO	6.5 8 MIN CORE OYO	7 UPPER BODY OYO	6 8 MIN CORE OYO	10 UPPER BODY OYO	OFF	53	43	34
#3 Dec 30	51.0	Introducing first hard effort of "moderate intensity" Interval session; ramping total mileage +10%	7 5 10 MIN CORE OYO	8 UPPER BODY OYO	7 10 MIN CORE OYO	8 UPPER BODY OYO	7 10 MIN CORE OYO	12 UPPER BODY OYO	OFF	59	49	39
#4 Jan 6	53.5	Second interval session introduced this week; ramping total mileage only +5%	7 6 10 MIN CORE OYO	8 UPPER BODY OYO	7 10 MIN CORE OYO	8 UPPER BODY OYO	7 10 MIN CORE OYO	12 UPPER BODY OYO	OFF	61	49	39
#5 Jan 13	55.2	Maintain mileage this week	7 6 12 MIN CORE OYO	8 UPPER BODY OYO	6 12 MIN CORE OYO	8 UPPER BODY OYO	7 12 MIN CORE OYO	14 UPPER BODY OYO	OFF	62	50	40
#6 Jan 20	57.4	Adding 2nd Speed session in AM; ramp mileage 10% 1st week and hold at ~70 miles for 2 weeks	7 6 12 MIN CORE OYO	8 UPPER BODY OYO	6.5 6 12 MIN CORE OYO	8 UPPER BODY OYO	7 6 12 MIN CORE OYO	14 UPPER BODY OYO	OFF	69	51	40
#7 Jan 27	64.1		7 6 12 MIN CORE OYO	8 UPPER BODY OYO	7 6 12 MIN CORE OYO	8 UPPER BODY OYO	7 6 12 MIN CORE OYO	15 UPPER BODY OYO	OFF	70	52	42
#8 Feb 3	60.6		7 6 12 MIN CORE OYO	8 UPPER BODY OYO	7 6 12 MIN CORE OYO	8 UPPER BODY OYO	7 6 12 MIN CORE OYO	15 UPPER BODY OYO	OFF	70	52	42
#1 Feb 10			First week of Track practice! (Practice content TBD, but should be similar to previous 3 weeks)									

- Note 1) OK to add Leg Strengthening 2x week on Mon + Wed (see Greg for specifics)
- Note 2) OK to add foot strengthening/ankle mobility drills, including 2 laps barefoot 2x week on Wed + Fri (see Greg for specifics)
- Note 3) Option to add 5-6 x 40m hill sprints (2 x/week) on either Mon-Wed-Fri starting in week #5 if you can handle it
- Note 4) Option to move Wed AM speed sessions to every other Sunday starting in week #2

	RICHARDSON OR FG HILL CONTINUOUS TEMPO; add 5-6 x :15 "ups" at 800m race pace with :45 recovery on cool down. PROGRESSION: Start at 2 miles > add .5 miles every 2 weeks; also OK to add 1-2 more :15 "ups"
	AM Sessions: 1 mi warm-up > 4-5 miles at tempo pace with 3:00 rest in between tempo 1 mile cool-down. PROGRESSION: 3 x 1 mile - 5 x 1 mile or, 4 x 5:00 > 4 x 5:30 > 5 x 5:00 > 5 x 5:30 > 5 x 5:30 > 5 X 5:30 > 5 x 6:00 > 5 x 6:00
	EZ Pace/Recovery Runs
	TEMPO PACE MILE REPEATS: (on track or terrain that is reasonably flat) typically 1 mile warm-up/1 mile cool down with 3:00 rest in between. PROGRESSION: 4 mi > 4.5 mi > 5 mi > 5 mi (repeat next 4 sessions at slightly faster pace)
	Speed Sessions at MCHS: 1 mile warm-up > 5 x hill accelerations up to locker rooms > plyometrics: jump-ups/drop jumps > frog jumps > 5 x bleacher hops (each leg) > 4 x 70m sprints PROGRESSION: Add 1-2 reps to hill runs, sprints
	OD pace (slightly slower than EZ pace); finish with last 1.5-2 miles with 5-6 x 1:00 at 5K race pace with 3:00 EZ recovery in between PROGRESSION: Add .5 miles in distance each week
	RICHARDSON HILL 3:00 on/3:00 off: Start at base of the hill; intensity should be at 5K race pace (distance = ~800-1000m) standing recovery; keep going up hill PROGRESSION: Start at 2 miles and add .5 each week up to 3.5 miles
	FG HILL INTERVALS: 6-9 X ~600m repeats at 3200m race pace; start at bottom up to Chanate Rd. overpass. EZ jog down/start back up immediately; tempo cut-down mile at MCHS after cool down PROGRESSION: 6 > 6 > 7 > 7 > 8 > 8 > 9 > 9