

2019-2020 Winter Distance Training Guidelines (NOT "official" practice)!

(8-wk schedule) Meeting at MCHS right after school Dec 16-Feb 8 (Revised Dec 13, 2019)

| | Mon 3:00-5:00 | Tue 3:15-5:00 | Wed 3:15-5:00 | Thu (OYO) | Fri 3:15-5:00 | Sat (10AM-Noon) |
|---|---|----------------------------------|---|----------------------------|---|---|
|  | Richardson Hill (Channel Drive) or Fountaingrove Hill (starting at MCHS) | Howarth Park (EZ Pace Run) | Location TBD (Tempo Pace Mile Repeats) (option to work with Scott D on form/MCHS Track 3:30-4:30) | EZ Pace Run | Speedwork and Plyos (meet at MCHS Track) | Location TBD Over-Distance Runs |
| Week #1 | Dec 16 Steady Tempo | Dec 17 Howarth Park | Dec 18 MCHS | Dec 19 EZ Run | Dec 20 MCHS Track | Dec 21 Howarth Park |
| Week #2 (Winter Break) | Dec 23 3:00 on-off Repeats | Dec 24 Howarth Park | Dec 25 CHRISTMAS! (EZ Run OYO) | Dec 26 EZ Run | Dec 27 (OYO) | Dec 28 Howarth Park |
| Week #3 (Winter Break) | Dec 30 Steady Tempo | Dec 31 Howarth Park | Jan 1 Channel | Jan 2 EZ Run | Jan 3 (OYO) | Jan 4 Howarth Park |
| Week #4 | Jan 6 3:00 on-off Repeats | Jan 7 Howarth Park | Jan 8 Channel or MCHS | Jan 9 EZ Run | Jan 10 MCHS Track | Jan 11 Santa Rosa Creek Trail |
| Week #5 | Jan 13 Steady Tempo | Jan 14 Howarth Park | Jan 15 Channel or MCHS | Jan 16 EZ Run | Jan 17 MCHS Track | Jan 18 Santa Rosa Creek Trail |
| Week #6 | Jan 20 3:00 on-off Repeats | Jan 21 Howarth Park | Jan 22 Channel or MCHS | Jan 23 EZ Run | Jan 24 MCHS Track | Jan 25 Santa Rosa Creek Trail |
| Week #7 | Jan 27 Steady Tempo | Jan 28 Howarth Park | Jan 29 Channel or MCHS | Jan 30 EZ Run | Jan 31 MCHS Track | Feb 1 Santa Rosa Creek Trail |
| Week #8 | Feb 3 3:00 on-off Repeats | Feb 4 Howarth Park | Feb 5 Channel or MCHS | Feb 6 EZ Run | Feb 7 MCHS Track | Feb 8 Santa Rosa Creek Trail |

This Program = Monday, Dec 16th through Saturday, Feb 8th; First day of MCHS Track Practice is Mon Feb 10th!

IMPORTANT: Since this timeframe is considered "off-season" no hands-on or 1:1 coaching allowed by MCHS XC or Track Coaching staff, unless it's part of off-season conditioning; workouts will need to be guided OYO or by your teammates, Coaches can be present to give rides and oversee group workouts to ensure safety for everyone.

NOTE: Greg will be publishing more detail on our team website www.mariacarrillrun.com for those of you that need more specific training guidelines, including custom training schedules (i.e. for mid-distance and long sprinters)

CHANNEL DRIVE: Going east on Montgomery Dr. take right on Channel Dr. follow ~3/4 mi. to 1st parking lot on left
HOWARTH PARK: 630 Summerfield Rd, upper level parking lot; meet near trail head entrance next to Lake Ralphine
SANTA ROSA CREEK TRAIL: Meet in parking lot near Santa Rosa Creek Trail entrance: 153 Stony Circle, SR CA 95401

...QUESTIONS? Call, text or e-mail **Greg Fogg** (707) 291-2967 or greg.fogg@comcast.net for more info.