

Winter Week (starting Mon)	Rolling Avg. Mileage Ramp	2019-2020 Winter Training Revision 01/06/2020 5 weeks (start after Winter Break) of Greg's Recommendations for 400-800m Varsity Boys Distance (Call/Text Greg with specific questions 707-291-2967)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	VB Weekly Mileage Totals	JV Athletes and VG Weekly Mileage Totals (VB less 10%)
Adjustments for JV Athletes and Varsity Girls: JV Athletes and Varsity Girls: Take 10% off all distances (DO NOT EXCEED 35 MILES/WEEK)											
#1 Jan 6	24.0	1st two weeks from Winter Vacation: 1 Richardson Hill day + 1 Tempo day + 1 speed day Note: Do Distance Warm-up routine before every Mon-Wed-Fri Workout	6 +4x20 Hill Sprints + 5 x :15 "UPS" on cool down	4 10 MIN. CORE	5 + LEG LUNGE/SQUATS	4 10 MIN. CORE	5 + GLUTE/ANKLE ROUTINE	OFF	OFF	24	22
#2 Jan 13	24.0		6 +4x20 Hill Sprints + 5 x :15 "UPS" on cool down	4 10 MIN. CORE	5 + LEG LUNGE/SQUATS	4 10 MIN. CORE + UPPER BODY	5 + GLUTE/ANKLE ROUTINE	OFF	OFF	24	22
#3 Jan 20	26.3	Maintain routine, Progress workout volume only slightly if you can, key is to stay consistent and keep overall mileage at 30-35/week max	6 +4x20 Hill Sprints + 5 x :15 "UPS" on cool down	5 10 MIN. CORE + UPPER BODY	5 + LEG LUNGE/SQUATS	5 10 MIN. CORE	5 + GLUTE/ANKLE ROUTINE	5 10 MIN. CORE + UPPER BODY	OFF	31	28
#4 Jan 27	27.8		6 +4x20 Hill Sprints + 5 x :15 "UPS" on cool down	5 12 MIN. CORE + UPPER BODY	5 + LEG LUNGE/SQUATS	5 12 MIN. CORE	5 + GLUTE/ANKLE ROUTINE	5 UPPER BODY OVO	OFF	32	29
#5 Feb 3	28.6		6 +4x20 Hill Sprints + 5 x :15 "UPS" on cool down	5 12 MIN. CORE + UPPER BODY	5 + LEG LUNGE/SQUATS	5 12 MIN. CORE + UPPER BODY	5 + GLUTE/ANKLE ROUTINE	5 12 MIN. CORE + UPPER BODY	OFF	32	29
#1 Feb 10		First week of Track practice! (Practice content TBD, but should be similar to previous 3 weeks)									

- EZ Pace/Recovery Runs
- Tempo: 800m x 4 on track or relatively flat surface at 85% of 800m race pace effort (i.e. 2:10 PR = 2:30 tempo) with 3:00 EZ continual jog in between; rest 7-8:00 and tag 400m.
- Speed Sessions at MCHS: 1 mile warm-up > 5 x hill accelerations up to locker rooms > 3-4 x 70m build-up sprints > plyometrics: jump-ups/drop jumps > frog jumps > 5 x bleacher hops (each leg) PROGRESSION: Add 1-2 reps to hill runs, sprints
- RICHARDSON HILL or FG HILL 1:00 on/3:00 off: Start at base of the hill; intensity/effort should be at 90% of 800m race pace (distance ~300m) with standing recovery; keep going up hill PROGRESSION: Start with 6 reps > 7 > 7 > 8 > 7
- FG HILL INTERVALS: Alternate between light posts going up (90% of 400m race effort hard > EZ jog) 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: 3 > 4 > 4 > 5 > 4