

MARIA CARRILLO WINTER DISTANCE TRAINING, DEC 13 '21 - FEB 5 '22 (8 WKS)

(Typical Varsity Athlete)

(Call/Text Greg with specific questions to modify for your individual training needs: 707-291-2967)

Winter Week (starting Mon)	Rolling Avg. last 3 weeks Mileage Ramp	TRAINING OBJECTIVES: 1) Controlled ramp in mileage (2 week ramp > hold > repeat) 2) Acclimating body to track (...it's not 5K season any more!) 3) Introducing Weight Training (strength + power) 4) Speed/Plyos weekly (explosiveness/running economy) 5) Keeping Tempo stimulus in every week (lactate threshold) 6) Maintain/extend OD Runs by .5/wk (aerobic metabolism) 7) Taper-off on week #8 to rest bodies before starting Track	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Mileage Totals	Weekly Mileage Change
#1) Dec 13	30	1st wk of returning to 5 days a week structured training routine; starting mileage at ~30/week	8	4	6	0	4	8	OFF	30	
			Richardson Hill Tempo	EZ Run	Tempo + Weights	OFF	Speed + Plyo + Weights	OD Run	Recommended: UPPER BODY + CORE		
#2) Dec 20	31	Slight Increase in mileage +8%	8	5	6	0	5	8.5	OFF	32.5	108%
			Richardson Hill Tempo	EZ Run	Tempo + Weights	OFF	Speed + Plyo + Weights	OD Run	Recommended: UPPER BODY + CORE		
#3) Dec 27	33	Return of training 6 days a week; increase in weekly mileage from previous week + 14% (22% over two weeks)	8	5	6	4	5	9	OFF	37	114%
			Richardson Hill Tempo	EZ Run	Tempo + Weights	EZ Run	Speed + Plyo + Weights	OD Run	Recommended: UPPER BODY + CORE		
#4) Jan 3	36	Hold, no change in weekly mileage or routine; Fitness check this week (Richardson Hill Time Trial!)	8	5	6	4	5	9.5	OFF	37.5	101%
			Richardson Hill Time Trial	EZ Run	Tempo + Weights	EZ Run	Speed + Plyo + Weights	OD Run	Recommended: UPPER BODY + CORE		
#5) Jan 10	39	Introducing "cruise intervals" to acclimate legs to track; see Greg for pacing guidelines (jog 200m recovery; keep at goal 1600m pace); good increase in mileage +9%	7	6	7	5	6	10	OFF	41	109%
			Track 14x200m Workout	EZ Run	Tempo + Weights	EZ Run	Speed + Plyo + Weights	OD Run	Recommended: UPPER BODY + CORE		
#6) Jan 17	40	Change for Richardson Hill = 2:00 "ups" (Option for pure 3200m runners to keep Richardson Hill Tempo in routine); slight increase in mileage +4%	8	6	7	5	6	10.5	OFF	42.5	104%
			Richardson 5 x 2:00 "ups"	EZ Run	Tempo + Weights	EZ Run	Speed + Plyo + Weights	OD Run	Recommended: UPPER BODY + CORE		
#7) Jan 24	42	Same routine as week #5, holding mileage flat	7	6	7	5	6	11	OFF	42	99%
			Track 16x200m Workout	EZ Run	Tempo + Weights	EZ Run	Speed + Plyo + Weights	OD Run	Recommended: UPPER BODY + CORE		
#8) Jan 31	41	Same routine as week #6 + Track Time Trial (TBD); slightly reduced mileage week	7	6	3	6	6	11	OFF	39	93%
			Richardson 6 x 2:00 "ups"	EZ Run	Pre-Race day	Track Time Trial (TBD)	EZ Run	OD Run	Recommended: UPPER BODY + CORE		
Track #1) Feb 7	40	First week of Track Practice	7	5	7	5	5	11	OFF	40	98%

- RICHARDSON HILL TEMPO:** Same as XC: 1.5 mile warm-up > drills > start with 1.5 miles up, ramp to 2.0-2.5 miles up (keep at steady tempo effort!); alternate weeks with 6 x :15 "ups" on way back on Channel or 5-6 x :20 up from base of hill
- RICHARDSON HILL "UPS":** 5-6 x 2:00 bursts at 5K race effort (standing rest 2:30 in between, keep 'em fast!)
- Note: If you can't get to Richardson hill, do these workouts on Fountaingrove Hill (1 mile warm-up to base of Fountaingrove from MCHS)
- EZ pace** (Use these days as recovery runs; pacing should be ~70-75% of your 5K race pace!)
- Track 14-16 x 200m Workout:** These are "cruise intervals" workouts: Start at Feb 1st 1600m Goal pace (i.e. 4:40 pace is :35 for 200m) w/200m walk-jog recovery and 1 lap slow jog after every 4 reps
- Friday Speed:** Wk #1-#4) 1 mile warm-up > form drills > 6 laps with 50m/50m acceleratons + 4 laps with incline ramp accelerations > plyometrics > tag 200 with spikes > 2 laps barefoot > weights; Wk #5-#7) Same except, 1.5 mile warm-up > replace 50m/50m accelerations with 4 x 150m (50m fast > 50m "float" > 50m fastest with EZ jog 350m in between)
- Tempo Workouts Progressions (on MCHS Track):** Wk #1 - #4: 1.5 mile warm-up > 3 x 1 mile steady tempo 3:00 standing rest in between > option to tag 400m > 1 mile cool down (progression:go slightly faster each week); Wk #5-#7 change to 4 x 1 mile (OK for variety to do on ~ flat trails or switch-up every other week doing by time vs. distance...)
- Weight Training Routine (Wed 4:15-5:15PM + Fridays 4-6PM):** Routine TBD; will work both upper body and legs on these days! **Note:** Option to lift on Mondays 4-6PM with Sprinters
- OD Runs:** Progress +.5 mile each week; hold at 11, no need to go further for track!