

MARIA CARRILLO 8 WEEKS OF WINTER DISTANCE CONDITIONING (DEC 12 '22 - FEB 4 '23)

This Release: Dec 12, 2022

(Distances are for Avg. Boy Varsity level and Top Varsity Girls; Top Varsity Boys option to add 10-15% volume; all JV level athletes reduce volumes by 20%)

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

DECEMBER THEMES:				JANUARY-FEBRUARY THEMES:						
1) Getting back to a 5 days a week training routine 2) Get through Finals Week/Holiday Break, rest/stay healthy! 3) Start off with "base" aerobic/stamina stimulus, mostly Tempo Intensity 4) Introduction of new Conditioning Circuit routine + refining Form Drills 5) ~10%/wk ramp in Mileage + Speed Development				1) Increase frequency of training to 6 days a week 2) Maintain mileage, slight ramp ove 5 wks 3) Progression of training stimulus, shorter segments/higher intensity 4) Progression of Circuit Training 5) More focus on Speed Development 3-4x weekly (explosiveness/running economy)						
Winter Week (starting Mon)	Rolling Avg. last 3 weeks Mileage Ramp	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY (9AM)	SUNDAY (No Running)	Weekly Mileage Totals	Weekly Mileage Change
#1 Dec 12	31	8 Richardson Hill Steady 2-2.5 Mi at Tempo Pace Effort	4 OYO (meet MCHS 3:45)	6 3:00-4:30 MCHS Track 4:30-5:30 Conditioning in MCHS Weight Room	0 OYO (meet MCHS 3:45)	5 3:45-5:00 MCHS Track 5:00-5:30 Conditioning in MCHS Weight Room	8 Park Trail	No Running	31	
#2 Dec 19 (Holiday Break)	32	8 Richardson Hill Steady 2-2.5 Mi at Tempo Pace Effort + 4 x :15 Bottom of Hill Sprints	5 EZ Run + 3 x :10 strides + Core	6 Tempo Workout 3 X 1600 (3:00 standing rest) + Strength Conditioning	0 OFF	5 Speed Routine + Strength Conditioning	8.5 OD Run	No Running	32.5	105%
#3 Dec 26 (Holiday Break)	34	8 Richardson Hill 2 x 1 Mi Faster Tempo (Standing 2:00 Rest) + 5 x :15 Bottom of Hill Sprints	5 EZ Run + 3 x :10 strides + Core	6 Tempo Workout 4 X 1600 (3:00 standing rest) + Strength Conditioning	4 EZ Run + 3 x :10 strides + Core	5 Speed Routine + Strength Conditioning	9 OD Run	No Running	37	114%
#4 Jan 2	36	8 Richardson Hill 3 x 1K at Faster Tempo (Standing 2:00 Rest) + 5 x :15 "ups" / :45 EZ back on Channel	5 EZ Run + 4 x :10 strides + Core	6 Steady Tempo 15:00 (Standing 3:00 rest) + 1 x 1600 faster + Strength Conditioning	4 EZ Run + 4 x :10 strides + Core	5 Speed Routine + Strength Conditioning	9.5 OD Run	No Running	37.5	101%
#5 Jan 9	39	7 Richardson Hill 4 x 1K at Faster Tempo (Standing 2:00 Rest) + 5 x :15 Bottom of Hill Sprints	6 EZ Run + 4 x :10 strides + Core	7 Cut-down Tempo 15:00 (Standing 3:00 rest) + 1 x 1600 faster + Srength Conditioning	5 EZ Run + 4 x :10 strides + Core	6 Speed Routine + Strength Conditioning	10 OD Run	No Running	41	109%
#6 Jan 16	40	8 Richardson Hill 5 x 800m at 5K Race Pace Effort (Standing 2:30 Rest) + 5 x :15 "ups" / :45 EZ back on Channel	6 EZ Run + 4 x :10 strides + Core	7 1 x 1600 fast + 5:00 Tempo + 1 x 1600 fast (all with 3:00 standing rest) + Strength Conditioning	5 EZ Run + 4 x :10 strides + Core	6 Speed Routine + Strength Conditioning	10.5 OD Run	No Running	42.5	104%
#7 Jan 23	42	8 Richardson Hill Steady 2-2.5 Mi at Tempo Pace Effort + 5 x :15 Bottom of Hill Sprints	6 EZ Run + 5 x :10 strides + Core	5 3200m FITNESS CHECK/ TIME TRIAL + Strength Conditioning	6 EZ Run + 5 x :10 strides + Core	6 Speed + Strength Conditioning	11 OD Run	No Running	42	99%
#8 Jan 30	42	8 Richardson Hill 5 x 800m at 5K Race Pace Effort (Standing 2:30 Rest) + 5 x :15 "ups" / :45 EZ back on Channel	6 EZ Run + 5 x :10 strides + Core	5 Steady Tempo 15:00 (Standing 3:00 rest) + 1 x 1600 faster + Strength Conditioning	6 EZ Run + 5 x :10 strides + Core	6 Speed Routine + Strength Conditioning	11 OD Run	No Running	42	100%

Note: If you can't get to Richardson hill, do Hill workouts on Fountaingrove Hill (1 mile warm-up to base of Fountaingrove from MCHS)

- = Hard Effort
- = Tempo Effort
- = EZ Effort

= Speed Routine (1-1.5 Mi. warm-up > form drills > 4-6 laps 50m/50m acceleratons (2nd 50m at 95-100% effort) > Jog to "Ralph Hill" (off Calistoga Rd) 4-6 x :08 "ups" 100% effort w/2:00 recovery > finish back at MCHS with wall jumps/frog jumps > 2 laps barefoot)

= Over Distance Effort (meeting at trail head on Park Trail across street from 4836 Park Trail Drive, Santa Rosa, CA 95405)