



Winter Distance Training (Dec 11, '24 – Feb 8, '25)

Date of this release: **Dec 6, 2024**

Must Join NorCal Elite Club and be a member of USATF

Training 5 days a week, cost \$100 for 8.5 weeks of training (12/21-1/4 OYO)

Open to all High School/Jr. High Age Distance Runners

(limited to first 45 Athletes registered)

Training Week	MON (4-5:45 PM)	TUE (4-5:45 PM)	WED (3:15-5:15 PM)	THU (4-5:45 PM)	SAT (9-10:30 AM)
Week #1 Dec 09, '24	-	-	3:15-4:30: MC Track Speed Development 4:30-5:15: Weight Room (MCHS)	EZ Run + Hill Sprints (Howarth Park)	Over-distance Run (Park Trail)
Week #2 Dec 16, '24	4-5:00: MC Track Speed Development 5-5:45: Weight Room (MCHS)	Richardson Hill Tempo (Channel Dr.)	3:15-4:30: MC Track Speed Development 4:30-5:15: Weight Room (MCHS)	EZ Run + Hill Sprints (Howarth Park)	Over-distance Run (Park Trail)
Week #3 Dec 23, '24	Winter Break (Everyone Runs OYO)				
Week #4 Dec 30, '24	Winter Break (Everyone Runs OYO)				
Week #5 Jan 6, '25	4-5:00: MC Track Speed Development 5-5:45: Weight Room (MCHS)	Richardson Hill Tempo (Channel Dr.)	3:15-4:30: MC Track Speed Development 4:30-5:15: Weight Room (MCHS)	EZ Run + Hill Sprints (Howarth Park)	Over-distance Run (Park Trail)
Week #6 Jan 13, '25	4-5:00: MC Track Speed Development 5-5:45: Weight Room (MCHS)	Richardson Hill Tempo (Channel Dr.)	3:15-4:30: MC Track Speed Development 4:30-5:15: Weight Room (MCHS)	EZ Run + Hill Sprints (Howarth Park)	Over-distance Run (Park Trail)
Week #7 Jan 20, '25	4-5:00: MC Track Speed Development 5-5:45: Weight Room (MCHS)	Richardson Hill Tempo (Channel Dr.)	3:15-4:30: MC Track Speed Development 4:30-5:15: Weight Room (MCHS)	EZ Run + Hill Sprints (Howarth Park)	CA Winter Championship Qualifier (Pittsburgh HS)
Week #8 Jan 27, '25	4-5:00: MC Track Speed Development 5-5:45: Weight Room (MCHS)	Richardson Hill Tempo (Channel Dr.)	3:15-4:30: MC Track Speed Development 4:30-5:15: Weight Room (MCHS)	EZ Run + Hill Sprints (Howarth Park)	Over-distance Run (Park Trail)
Week #9 Feb 3, '25	4-5:00: MC Track Speed Development 5-5:45: Weight Room (MCHS)	Richardson Hill Tempo (Channel Dr.)	3:15-4:30: MC Track Speed Development 4:30-5:15: Weight Room (MCHS)	EZ Run + Hill Sprints (Howarth Park)	Over-distance Run (Park Trail)

This program ends after Sat, Feb 8th, 2025; local High School Track & Field Season officially Starts Mon, Feb 10th, 2025!

DIRECTIONS TO RUN LOCATIONS:

CHANNEL DRIVE: Going east on Montgomery Dr. take right on Channel Dr. follow ~3/4 mi to gravel parking lot on left

HOWARTH PARK: 630 Summerfield Rd, main upper-level parking lot; meet at trail head entrance next to Lake Ralphine

PARK TRAIL RD: Going south on Summerfield Rd, go ~1 mile past the Howarth Park entrance, Park Trail Road is on the left we meet at the Park Trail open space ~.5 mile down Park Trail Road on the left side, right across the street from this residence: 4836 Park Trail Drive, Santa Rosa, CA 95405

HOW TO JOIN:

- 1) Become a member of USATF <https://www.usatf.org/home/top-utility-nav-content/membership> (Nor Cal Elite Club #38-8954)
- 2) NorCal Elite Club Website: Click "Membership Plans"/Winter Distance Training: <https://www.norcalelitetf.com/training-plans>

HAVE QUESTIONS? Call, text or e-mail Nor Cal Distance Coach Greg Fogg (707) 291-2967 or greg.fogg@comcast.net

For more Info, visit the NorCal Elite Track & Field Club website at www.norcalelitetf.com