



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

Date of this release: **Jan 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 Local High School/Jr. High Age Distance Runners
(limited to first 45 Athletes registered)

DISTANCE TRACK TRAINING CONTENT (MON/WED) FOLLOWED BY 45 MIN. WEIGHT TRAINING

- ">" = Progression
- All Pacing based on demonstrated or estimated 1600m fitness
- Focus is on building strength, so most pacing is slower than 1600m fitness

1) 3 x (400m-300m-200m-100m):

-**Recovery:** 200m walk/jog between reps (add 400m slow jog after set #2 to stay on pace)

-**Pacing/Progression:**

- 400m: 6% slower > 4% > 2%
- 300m: 4% slower > 2% > 0%
- 200m: 2% slower > 0% > 2% faster
- 100m: 6% faster > 8% > 10% > 12%

2) 8-10 x 400m:

-**Recovery:** 200m walk/jog recovery in between reps (can insert a slow 400m jog to stay on pace)

-**Pacing/Progression:**

- 8 x 400m: 6% slower > 4% > 2% > 0%
- 10 x 400m: 6% slower > 4% > 2%

3) 8-12 x 200m:

-**Recovery:** Standing rest = run time (if needed, can insert a slow 200m jog to stay on pace)

-**Pacing/Progression:**

- 8 x 200: 2% slower > 0% > 2% faster
- 10 x 200m: 2% slower > 0% > 2% faster
- 12 x 200m: 2% slower > 0% > 2% faster

4) 2 x (5 x 300m):

-**Recovery:** 200m walk/jog recovery in between reps (add 400m slow jog after set #1 to stay on pace)

-**Pacing/Progression:**

- 1st Set:** 6% slower (~3200m pace)
- 2nd Set:** 4% > 2% slower
- > **Bonus! -Add 3rd set:** 2 x 200m (FAST)

SPEED DEVELOPMENT TRAINING CONTENT:

- 1) 5-6 Laps with "Ralphina" (ramp to Boys locker room) accelerations
- 2) 3-4 Laps with 100m accelerations on straights (fast > faster > sprint)
- 3) 8 x :08 "Ralph" Hill (off Calistoga Road) Sprints
- 4) 6-8 min Fartlek: :45 EZ > :15 "ups"
- 5) 3x 100m (reps per person) in groups of 3-4 "chase-down the leader" on turns, leader gets :03 head start

NOTE: This program ends after Sat, Feb 8th, 2025; local H.S. Track & Field Season officially Starts Mon, Feb 10th, 2025!

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