

## Suggested Workouts for Off-Season Winter 2011-12

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-Dec-2011	Finals/no run or OYO short run only	Finals/no run or OYO short run only	Finals/no run or OYO short run only	Finals/no run or OYO short run only	Good day for Capture the Flag!	Hosted long run-Watch mvrunning	Rest Day
19-Dec-2011	3 to 5 Miles easy	Rest or 3-4 miles	3 to 6 miles easy	Rest or 3-4 miles	Run some, then organize a game!	Hosted long run-Watch mvrunning	[10-20 miles]
	Mini-Core		Mini-Core				Rest day
26-Dec-2011	3 to 5 Miles easy	Rest or 3-4 miles	3 to 6 miles easy	Rest or 3-4 miles	Run some, then organize a game!	Hosted long run-Watch mvrunning	[10-20 miles]
	Mini-Core		Mini-Core	Mini-Legs			Rest day
2-Jan-2012	3 to 6 miles, do some fun change of-pace	Rest or 3-4 miles	some hills if you have been running	Rest day	Run some, then organize a game!	Hosted long run-Watch mvrunning	[10-20 miles for week]
	Mini-Core		Mini-Core				Rest day
9-Jan-2012	3 to 6 miles, find some hills if you have been running	Rest or 3-4 miles	3 to 6 miles, do some fun change of-pace	Rest or 3 miles + 6x100M strides	Run some, then organize a game!	Olympic Marathon trials for Josh & Desiree	[10-25 miles for week]
	Mini-Core		"Bull" (core)	Mini-Legs		Check mvrunnin for run	Rest day
16-Jan-2012	3 to 6 miles, do some fun change of-pace	Rest or 3 miles + 6x100M strides	3 to 6 miles easy	Rest or 3-4 miles	Rest or 3 miles + 6x100M strides	Hosted long run-Watch mvrunning	[10-30 miles for week]
	Mini-Core		"Bull" (core)	Mini-Legs	Mini-Core		Rest day
23-Jan-2012	3 to 6 miles, do some fun change of-pace	Rest or 3-4 miles	3 to 8 miles easy	Rest or 3 miles + 4x150M strides	Run some, then organize a game!	Hosted long run-Watch mvrunning	[10-30 miles for week]
	Mini-Core		"Bull" (core)	Mini-Legs			Rest day

	3 to 5 Miles easy	Rest or 3-4 miles	3 to 6 miles easy	Rest or 3 miles	Run some, then organize a game!	Figure out a fun run to do together!	[10-20 miles]
30-Jan-2012	Mini-Core		Mini-Core	Mini-Legs			Rest day

**First Day of Track**

6-Feb-2012 **Practice!!!**

Notes:

1. This is only a suggested plan for general conditioning for all runners (or any aerobic sport), this is not required!
2. Freshman should stay at the lower ends of the mileage ranges, and running 3-5 days per week is FINE!
3. If you have not been running much in the last month, start at the low end of the mileage range, take extra rest days.
4. Do not feel like you need to do all these workouts! Being consistent is more important than being a hero.  
If you run 3 days per week and are running 10-12 miles per week, you will not be overwhelmed when track practice begins.
5. It is perfectly fine to do your own thing too, or drop in and out. This suggested schedule is only intended to give you a guideline for the teammates who want to work together.
6. If you want to talk to a coach about your training specifically, drop us an email, set up a meeting, or talk to us when we drop by one of these practices!
7. Run in groups--it is safer and more fun!
8. If something feels injured, STOP--talk to a coach, parent, trainer, you have lots of resources.
9. Have fun with these runs; suggest Fartlek options, change speeds, explore new routes.
10. Run with good running etiquette--represent Monta Vista with pride!