MVXC/MVTF Winter Training 2024-25
Plan Your Own Adventure!

This winter, I want to help **you** take charge of planning **your own** winter training. It's perfectly fine to take a few weeks of light, unstructured running if you need a mental or physical break after the cross-country season. However, try not to stop completely. Running every other day for 20–40 minutes will help you maintain much more of the fitness you've built.

If you do take more than a week off completely, ease back into training. In your first week back, aim for 50% of your average weekly cross-country mileage, increase to 75% in the second week, and then return to 100% in the third week.

Here are some general principles to help guide your planning.

Principles to Follow

1. **Increase your weekly mileage by 5–10% compared to your cross-country average.** For example, if you averaged 30 miles per week during cross country, aim for 33 miles per week.
   a. Mileage promotes key physiological adaptations. Consistent running builds endurance and helps your body recover faster from races and hard workouts.
   b. **Varied weekly mileage is more effective than static mileage.** For example, running 30 miles in week one, 33 in week two, and 36 in week three is more beneficial than running 33 miles every week, even though the total mileage is the same (99 miles). This is because your body adapts more to varied stresses than to consistent ones. A good strategy is to increase your weekly mileage by 2–3 miles for a few weeks and then return to your starting mileage before increasing again.
      i. Maybe, plan a lower mileage week for Finals week. Smart!
   c. **Daily mileage variation matters, too.** Instead of running the same distance each day (e.g., 5-5-5-5-6-6-0 to reach 32 miles in a week with one rest day), aim for varied runs like 7-4-6-4-3-8-0. This leads to better physiological adaptations and keeps training more interesting.
   d. Run most of your miles at a conversational pace. Your pace should be 1:30–2:30 slower than your mile race pace (e.g., from a recent time trial) or 1–2 minutes slower than your 5K race pace. This pace allows you to talk comfortably while running. Other than warm-up and cool-down miles, most of your runs should fall within this range or slightly slower (within 30 seconds). Stay consistent—don't push too hard or run too slow—just focus on building mileage while enjoying your runs!

2. **Goal 2: Incorporate a weekly long run that is 20–30% of your total weekly mileage.** For example, if you're running 30 miles per week, aim for a 7–9 mile long run.
   a. Long runs enhance endurance adaptations. They are a key component for building stamina and improving overall performance.
   b. Choose a convenient day for your long run. During the winter, Saturdays or Sundays are ideal to avoid running in the dark.
   c. Keep your pace easy and conversational. Your long run should follow the same pace guidelines as your regular runs (1:30–2:30 slower than your mile race pace or 1–2 minutes slower than your 5K race pace).
   d. Add a finishing element to challenge yourself. Incorporate strides, repeat 150s or 200s, or a fast finish of about one mile at threshold pace. This helps extend your stride, trains you to run efficiently on tired legs, and adds variety to your workout.
   e. Run with friends!

3. **Goal 3: Some threshold pace once per week to increase your lactic threshold.**
    a. **Lactic threshold is a key factor in race performance.** Developing this ability can significantly improve your endurance and speed.
    b. **Lactic threshold training doesn't need to feel overly intense.** It's manageable when done at the right pace.

    Pace guidelines for lactic threshold training:
    1. About 60–70 seconds slower than your mile race pace
    2. Or 20–30 seconds slower than your 5K race pace
    c. Types of lactic threshold workouts:
    1. The classic workout involves running continuously at threshold pace for 20–40 minutes.
    2. Alternatively, you can split the effort into intervals, as long as the recovery periods are short to maintain time in the threshold zone. For example, "Matador miles" (repeat miles at lactic threshold with one-minute active recoveries) are effective.
    3. When using intervals, short recoveries are critical because lactic threshold intensity drops quickly during rest, and it takes time to re-enter the zone. Examples for a 6-minute miler include: 3 miles continuous at threshold pace, 2 x 1.5 miles with 30–90 seconds recovery, and 2 miles + 1 mile with a 60-second recovery, These formats allow for 21–22 minutes of effective threshold training.
    d. New runners should build up gradually to spend more time at threshold pace.
    e. **Prioritize increased time at threshold pace over speed.** Running longer at threshold pace yields greater benefits than running shorter and faster. For instance, a 5:30 miler gains more from 30 minutes at 6:35 pace than 20 minutes at 6:20 pace. Focus on consistency and endurance to maximize improvements.
4. **Goal 4: Lots of Core!** This could be in the weight room or at your own body weight, or you could use some bands or med balls. Raise your level! You can pick your own goal but what do you think of one hour per week of core?
    a. Getting with Anika for some shin-splint prevention is never a bad idea.
    b. Take advantage of Ms. Myesha as a resource.

My 2024-5 Winter Training Planning Worksheet

_____ **Target Average Weekly Mileage:** _____

Week	Date	Mileage Target	Long Run (Miles and possible run)	Threshold Run (Workout design, pace target, target number of minutes)	Core Minutes
1	12/2				
2	12/9				
3	12/16				
4	12/23				
5	12/30				
6	1/6				
7	1/13				
8	1/20				
9	1/27				

My 2024-5 Winter Training Planning Worksheet

_____*Coach Flatow the High School runner*_____ Target Average Weekly Mileage: __**43**__

Week	Date	Mileage Target	Long Run (Miles and possible run)	Threshold Run (Workout design, pace target, target number of minutes)	Core Minutes
1	12/2	40	*Horse-Garrods plus add on to get 10*	*Straight Palm 3-mile tempo at 6:30 pace, 90 second recovery then a mile on the track at 6:30 to get a 27:30 workout*	30
2	12/9	43	*Maybe go to Rancho and run 12, Upper Wildcat to Rogue then back up the switchbacks*	*Go out to Matadors and run 4xMatador Miles at 6:30 with 1 minute recoveries*	30
3	12/16	36 (Finals)	*Up and Over plus Garrods and extend to get 9*	*Get on the track, 3x2000 with 200 jog recoveries in less than 90 seconds, should be about a 27 minute workout*	20
4	12/23	43	*I'm going to try to get a bunch of people to drive to Nicene Marks in Aptos, the run coach told me about, and get 12 miles (it is an out and back route so different people can run different distances) and then go to Gayles Bakery for breakfast, yum! Coach Flatow has directions.*	*Coach told me about the Los Gatos Creek trail, I'm going to get a ride to Los Gatos, warm up, and run a 5 mile tempo run at 6:30 towards Campbell, get picked up there and have a pizza. I want to find someone to do this with me.. that would be 32:30! Maybe break this into a 3 mile, 90 second break, 2 mile so it feels better.*	30
5	12/30				
6	1/6				
7	1/13				