



# 2018-19 Winter Aerobic Base Period - 14 weeks

“Significant success in this sport is earned in the off season.”

## (Varsity Options)

Weeks	Weekly Mileage Options	Long Run Options	Dates
1	39/32/25	10/8/6	(Dec 3-9)
2	46/39/32	11/10/8	(Dec 10-16)
3	53/46/39	12/11/10	(Dec 17-23)
4	46/39/32	13/12/11	(Dec 24-30)
5	53/46/39	13/13/12	(Dec 31-Jan 6)
6	60/53/46	13/12/11	(Jan 7-13) <b>*(Meet of Miles) - Jan 7</b>
7	67/60/53	13/13/12	(Jan 14-20) <b>Indoor Miles begin at 6pm</b>
8	74/60/53	13/12/11	(Jan 21-27)
9	53/46/39	13/11/10	(Jan 28-Feb 3)
10	60/53/46	13/11/10	(Feb 4-Feb 10)
11	67/60/53	13/11/10	(Feb 11-17)
12	74/67/60	13/11/10	(Feb 18-24)
13	67/60/53	13/11/10	(Feb 25-Mar 3)

**\*\*Dome workouts will begin once a week starting on Feb 25 - longer runs will shift to Mon or Tues instead of Wednesdays, depending on dome availability for horseshoe workouts)**

14 53/46/39 11/10/8 (Mar 4-10)

**\*\*Track Season Begins Mar 11**

	Miles Per Week							
25m	32m	39m	46m	53m	60m	67m	74m	
M 3	5	6	7	8	9	10	10	
TU 4	4	5	6	7	5/5	6/6	6/6	
W 3	6	8	10	11	12	13	13	
TH 4	4	4	6	7	5/5	6/6	6/6	
FR 3	5	5	6	7	9	10	10	
SA 5	4	5	6	7	10	10	10	
SU 3	4	4	5	6	7	7	7	

Strength Training 45-60 minute sessions or Dumbbell routine

- T and TH

Core Strength Exercises - M-W-F

8x100 Barefoot Strides - T and TH

Active Warm-up and Form Drills - M-F

### Dome Workouts

Week of Feb 25 - 18-20-22-24x200 meter horseshoes med fast - (strength emphasis, not speed)

Experienced - only 35 secs jog recoveries back to start

60 secs - intermediate - 90 beginner - 15 minute warmup/

down

Week of Mar 4 - (same as previous - up to 26-28-30)

**\*\*switch directions after halfway during workouts**

### Some key points to winter base training:

-The competitive season (track) at the high school level requires you to be at your best mentally and physically not until mid May. With this in mind, your winter should be **95% aerobic base work**, and **only 5%** faster running in the form of two times a week 8x100 strides.

-You will get plenty of faster type workouts when the season officially starts in March, so you are primarily working on increasing you aerobic capacity with higher mileage volume during these winter weeks.

-Gradual Adaptation to Stress (Progression) Three to four week mileage build-ups followed by a one week cycle down restorative period to allow your body to absorb the previous increases.

-Doing all you can (being proactive) to stay healthy with good nutrition, protein recovery, consistent 8-10 hours per night sleep, hydration, iron supplement, not increasing weekly mileage by more than 10%. When you are sick and or injured, you cannot train and get better.

-Improve strength/core/running form economy with:

-Twice a week strength training through Pagel or on own

-Three times a week core exercises (Seals etc..)

-Five day a week active warmup form drills

-Twice a week two a day workouts (when built up to).

-Always maximize use of softer running surfaces-trail/grass.

-Adapt to the situation whether needing to slow down

because of road conditions, running on a treadmill that day, or shifting the long run to another day that week because of poor weather.

-Choose winter routes that are safer and on plowed trails and paths.

**-”To be a good runner, you have to be willing to run a lot, and the patience to build up gradually.”**

**-”Simple workouts done CONSISTENTLY, over time, yield the best results.”**