# January Training Plan - Inglemoor HS

Note: This training plan is only meant to guide your training. You don’t need to follow it exactly, and you can modify it based on what feels right for you. For example, those of you who participate in other sports can probably skip some days or modify the workouts to accommodate how much effort you expended in the other sport. Specifically, focusing on building a distance base should be prioritized, relying on your other sport to provide some higher intensity work. If the training plan is too easy for you, feel free to do more as long as you feel good and don’t develop signs of injury. Run with some of your teammates when you can! And don’t forget about doing some work in the weight room on Mondays and Fridays from 3:30-5:30

The focus in January should be to continue building a base of increased running time (and mileage). Do not increase the time (mileage) too quickly—no more than 10% per week. If you are feeling sore or developing pain, back off on the running for a day or two, incorporate some cross training (bike, swim, hike) and focus on core work and stretching.

# Option 1: Lower Mileage

Sunday: Off

Monday: 25-35 minutes easy pace

Tuesday: 25-35 minutes easy pace + strides\*

Wednesday: Do the workout from the high intensity workout for lower mileage group below. Do a 10-minute warmup and cooldown run as well.

Thursday: 25-35 minutes easy pace

Friday: 25-35 minutes easy pace or cross train

Saturday: 35-45 minutes easy pace (can be done on Sunday instead if you want)

## Option 2: Higher Mileage (Varsity Hopefuls)

Sunday: Off

Monday: 30-45 minutes easy pace

Tuesday: 30-45 minutes easy pace + strides\*

Wednesday: Do the workout from the high intensity workouts for higher mileage group below. Do a 10-minute warmup and cooldown run as well.

Thursday: 30-45 minutes easy pace

Friday: 30-45 minutes easy pace or cross-train

Saturday: 50-70 minutes easy pace (can be done on Sunday instead)

## January High Intensity Workouts (Lower Mileage Group)

January Workout Week 1: 20-minute fartlek run\*\*\*

January Workout Week 2: 20-minute tempo run\*\*

January Workout Week 3: 30-minute run with hills\*\*\*\*, work the hills or 4-5 x 400m at 2-mile pace

## January High Intensity Workouts (Higher Mileage Group)

January Workout Week 1: 30 minute fartlek run\*\*\*

January Workout Week 2: 30-minute tempo run\*\*

January Workout Week 3: 5-6 x 400m at 2-mile pace, 2 min rest between

January Workout Week 4: 30-minute run with hills, working the hills\*\*\*\*

\* Strides = Find a place where you can run fast for a short period of time. A good rule of thumb is 5-6 x 80 meters

\*\* Tempo = A pace you can hold for 45 minutes (Faster than conversational pace)

\*\*\*Fartlek Run = A continuous run with alternating speeds every 200m or so: 200m at long run pace, 200m at tempo pace, 200m at just below 5k race pace, then start over again.

\*\*\*\*Run with hills= Run for 30 minutes on a route that has some hills—they can be long or short hills, but try to run between 400m and 800m of the run UPHILL. On the uphill sections, push your pace so that it feels like tempo pace.