# November/December 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 can 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. If you can, 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

It is a good idea to take 10-14 days off after the cross country season to let your body recover. Some cross training (biking, hiking, swimming, core work) is fine. The second half of November and December should focus primarily on building and maintaining a mileage base. The focus should be low intensity, easy runs that gradually increase the amount of time (and mileage) that you are running. 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 and focus on core work and stretching. The suggestion below should be your target for the second half of December. The four weeks prior to that should be building to this level of running.

# Option 1: Lower Mileage

Sunday: Off

Monday: 20-30 minutes easy pace

Tuesday: 20-30 minutes easy pace + strides\*

Wednesday: 20-30 minutes easy pace

Thursday: 20-30 minutes easy pace + strides\*

Friday: Off/cross-train (Hike, Bike, Swim)

Saturday: 30-45 minutes easy pace (can be done on Sunday instead if you want)

**Option 2: Higher Mileage (Varsity Hopefuls)**

Sunday: Off

Monday: 25-40 minutes easy pace

Tuesday: 25-40 minutes easy pace + strides\*

Wednesday: 35-minute run, first 20 minutes easy pace, last 15 minutes tempo pace\*\*

Thursday: 25-40 minutes easy pace

Friday: Off/cross-train (hike, bike, swim)

Saturday: 40-60 minutes easy pace (can be done on Sunday instead if you want)

\* 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). Some weeks you can replace a tempo run with a 35 minute run with 20 minutes of fartlek (alternate running slow, tempo, faster (close to race pace) OR a 35 minute run with hills where you work the hills (tempo pace uphill).