

December Training Plan - Inglemoor HS

Note: This training plan is only meant to guide your training, so you don't need to follow it exactly. Do what feels good for you. For example, those of you who participate in winter sports can probably skip a lot of days. If the training plan is too easy for you, feel free to do more as long as you feel good.

Note: Use this training plan starting Sunday, Dec 3rd, and transition over to the January training plan on Sunday, Dec 31st.

Option 1: Lower Mileage

Sunday: Off
Monday: 20-30 minutes easy pace
Tuesday: 20-30 minutes easy pace + strides*
Wednesday: Off/cross-train
Thursday: 20-30 minutes easy pace + strides*
Friday: Off/cross-train
Saturday: 30-45 minutes easy pace (can be done on Sunday instead if you want)

Option 2: Higher Mileage

Sunday: Off
Monday: 25-40 minutes easy pace
Tuesday: 25-40 minutes easy pace + strides*
Wednesday: Off/cross-train
Thursday: 35-minute run, first 20 minutes easy pace, last 15 minutes tempo pace**
Friday: 25-40 minutes easy pace
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