

## **February 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, Feb 4th, until the start of the track season.

### **Option 1: Lower Mileage**

Sunday: Off  
Monday: 20-30 minutes easy pace  
Tuesday: 20-30 minutes easy pace + strides\*  
Wednesday: Off/cross-train  
Thursday: Do the workout from the lower mileage group below, for the corresponding week. Do a 10-minute warmup and cooldown run as well.  
Friday: 20-30 minutes easy pace  
Saturday: 35-45 minutes easy pace (can be done on Sunday instead if you want)

### **Option 2: Higher Mileage**

Sunday: Off  
Monday: 30-45 minutes easy pace  
Tuesday: 30-45 minutes easy pace + strides\*  
Wednesday: Off/cross-train  
Thursday: Do the workout from the higher mileage group below, for the corresponding week. Do a 10-minute warmup and cooldown run as well.  
Friday: 30-45 minutes easy pace

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

### **February Workouts (Lower Mileage Group)**

February Workout Week 1: 6-8 x 200m at mile pace, 1:30 min rest between

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

February Workout Week 3: 4-5 x 400m at 2-mile pace, 2 min rest between

February Workout Week 4: 6-8 x 200m at mile pace, 2 min rest between

### **February Workouts (Higher Mileage Group)**

February Workout Week 1: 8-10 x 200m at mile pace, 1:30 min rest between

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

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

February Workout Week 4: 8-10 x 200m at mile pace, 2 min rest between

\* 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