

January 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 31st, and transition over to the February training plan on Sunday, Feb 4th.

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

Option 2: Higher Mileage

Sunday: Off
Monday: 25-45 minutes easy pace
Tuesday: 25-45 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: 25-45 minutes easy pace
Saturday: 45-65 minutes easy pace (can be done on
Sunday instead if you want)

January Workouts (Lower Mileage Group)

January Workout Week 1: 6-8 x 200m at mile pace, 2 min
rest between
January Workout Week 2: 15-minute tempo run**
January Workout Week 3: 3-4 x 400m at 2-mile pace, 2
min rest between
January Workout Week 4: 6-8 x 200m at mile pace, 2 min
rest between
January Workout Week 5: 2 x 5 minutes at 5k pace, 2
min
jog between

January Workouts (Higher Mileage Group)

January Workout Week 1: 8-10 x 200m at mile pace, 2
min
rest between
January Workout Week 2: 25-minute tempo run**
January Workout Week 3: 4-5 x 400m at 2-mile pace, 2
min rest between
January Workout Week 4: 8-10 x 200m at mile pace, 2
min
rest between
January Workout Week 5: 3 x 5 minutes at 5k pace, 2
min
jog 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