

## **November 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.

Also Note: There is a new training plan each month of the offseason, with the purpose of slowly increasing fitness and mileage. Use this training plan until you transition over to the December training plan on Sunday, December 3rd.

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

Sunday: Off  
Monday: 15-30 minutes easy pace  
Tuesday: 15-30 minutes easy pace + strides\*  
Wednesday: Off/cross-train  
Thursday: 15-30 minutes easy pace  
Friday: Off/Cross-train  
Saturday: 25-45 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: 25-40 minutes easy pace  
Friday: 25-40 minutes easy pace  
Saturday: 35-55 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.