

2014 - 2015 Pre-season Track Training for the DRs (Distance Runners)

This schedule is a training guide to get you to the beginning of track season in shape so you can handle speed work and not get injured. Days that conditioning workouts are offered at the track will feature a lot of core and form work so be sure to also get in your miles before or after the conditioning session so you reach the total number of miles for that day. You may also run with the Suncoast Striders on Sundays & Tuesdays - check calendar before coming out to these at: <http://www.SuncoastStriders.com>. Students join the club for only \$10 & receive many benefits.

| | DATES | MON | TUE | WED | THU | FRI | SAT | SUN | TOTAL |
|----|---------------------|--|--|---------|---|-----------|--|------------|-------|
| 1 | 12/1 - 12/7 2014 | 3 ez | 4 ez | 3 ez | 4 ez | 0 REST | 3 ez | 5 long | 22 |
| 2 | 12/8 - 12/14 | 3 ez | 4 ez | 4 ez | 5 ez | 0 REST | 3 ez | 6 long | 25 |
| 3 | 12/15 - 12/21 | 5 2 mi wu, 2 mi time trial, 1 mi cd | 5 ez | 3 ez | 6 2 mi wu, 3 mi fartlek run w/15 pick ups, 1 mi cd | 0 REST | 3 ez | 7 long | 29 |
| 4 | 12/22 - 12/28 | 4 ez | 5 1 mi wu, 3 x 1 mi tempo w/1:00 rest, 1 mi cd | 3 ez | 0 REST | 3 ez | 7 1 mi wu, Manatee River Run 5 Miler, 1 mi cd | 4 ez | 26 |
| 5 | 12/29 - 1/4 | 4 ez | 6 | 4 ez | 0 REST | 4 | 3 ez | 9 long | 30 |
| 6 | 1/5 - 1/11 2015 | 0 REST | 7 2 mi wu, 8 x 400 w/400 jog after each, 1 mi cd | 3 ez | 4 ez | 4 ez | 5 1 mi wu, Dolphin Dash 5K, 1 mi cd | 4 ez | 27 |
| 7 | 1/12 - 1/18 | 5 ez | 8 2 mi wu, 10 x 400 w/400 jog after each, 1 mi cd | 3 ez | 5 1 mi wu, 5 x 1K tempo w/1:00 rest, 1 mi cd | 0 REST | 4 ez | 9 long | 34 |
| 8 | 1/19 - 1/25 | 4 ez | 7 2 mi wu, 4 x 800 w/400 jog after each, 2 mi cd | 4 ez | 6 1.5 mi wu, 6 x 1K tempo w/1:00 rest, 1 mi cd | 0 REST | 5 ez | 10 long | 36 |
| 9 | 1/26 - 2/1 | 0 REST | 6 time trial - distance TBD | 4 ez | 7 2 mi wu, 4 x 1 mi tempo w/1:00 rest, 1 mi cd | 4 ez | 3 ez | 11 long | 35 |
| 10 | 2/2 - 2/8 | 4 ez | 8 speed workout - TBD | 4 ez | 8 tempo or fartlek - TBD | 4 ez | 0 REST | 12 long | 40 |

Please check the links for the DRs on <http://www.ManateeTrack.com> - near Coach Rae Ann's name in the coaches section.

Cross training - replace up to 2 runs per week with:

- 4 miles of cycling = 1 mile of running
- 1 hour of high intensity (spinning, elliptical, weight training) = 5 miles of running
- 1 mile of swimming = 3 miles of running
- 1 hour of low intensity (yoga, walking) = 4 miles of running