

## 2016-2017 T&F PRE-SEASON CONDITIONING for DRs (Distance Runners)

### Sample Training Plan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	Weekly Total Miles of RUN	Weekly Hours of XTRAIN	=	Weekly Total Miles of XTRAIN
<b>1</b> 12/22-12/25					6	5	0	11	1		4
<b>2</b> 12/26-1/1	4 w/hills	5	4 w/striders	3	0	7	0	23	1		4
<b>3</b> 1/2-1/8	4 w/hills	3	4 w/striders	3	0	4	7	25	1		4
<b>4</b> 1/9-1/15	4 w/hills	3	4 w/striders	3	0	4	8	26	1		4
<b>5</b> 1/16-1/22	4 w/hills	3	4 w/striders	3	0	4	9	27	1		4

**Monday, January 23, 2016 - First day of official TRACK & FIELD practice**

Total RUN Miles:     **112**     Total XTRAIN Miles:     **20**

**GRAND TOTAL:     132**

**You should add at least 1 hour of cross training (XTRAIN) each week.**

1 hour of any fitness class = 4 miles of running

1 hour of biking, elliptical, swimming = 4 miles of running

1 hour of strength training = 4 miles of running

Please note in the comments on your training log when miles are from cross training and not running.

**Remember, this training schedule is just a guide.**

**Please move the workouts around to best fit your schedule.**

<http://www.ManateeTrack.com>