

2018-2019 TRACK PRE-SEASON CONDITIONING for DRs (Distance Runners)

4x800, 800, 1600, 3200 - Sample Minimum Training Plan

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN | Weekly Total Miles of RUN | Weekly Hours of XTRAIN | = | Weekly Total Miles of XTRAIN |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|---------------------------------|------------------------------|---|------------------------------------|
| 1 11/12-11/18 | | | | | | 2 | 2 | 4 | 2 | | 8 |
| 2 11/19-11/25 | 2 | 0 | 2 | 3 | 0 | 2 | 4 | 13 | 2 | | 8 |
| 3 11/26-12/2 | 2 | 0 | 3 | 3 | 0 | 3 | 5 | 16 | 2 | | 8 |
| 4 12/3-12/9 | 3 | 0 | 3 | 4 | 0 | 3 | 6 | 19 | 2 | | 8 |
| 5 12/10-12/16 | 3 | 0 | 4 | 4 | 0 | 4 | 7 | 22 | 2 | | 8 |
| 6 12/17-12/23 | 4 | 0 | 4 | 5 | 0 | 3 | 5 | 21 | 2 | | 8 |
| 7 12/24-12/30 | 4 | 0 | 5 | 5 | 0 | 5 | 8 | 27 | 2 | | 8 |
| 8 12/31-1/6 | 5 | 0 | 5 | 6 | 0 | 5 | 9 | 30 | 2 | | 8 |
| 9 1/7-1/13 | 5 | 0 | 6 | 6 | 0 | 6 | 10 | 33 | 2 | | 8 |
| 10 1/14-1/20 | 6 | 0 | 6 | 7 | 0 | 6 | 10 | 35 | 2 | | 8 |

Monday, January 21, 2019 - First day of official TRACK & FIELD practice

Total RUN Miles: **220** Total XTRAIN Miles: **80**

GRAND TOTAL: 300

You should add at least 2 hours of cross training (XTRAIN) each week.

XTRAIN equivalents:

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 and take 1 complete rest day per week.

LOG 200 MILES OF RUNNING BY FIRST DAY OF OFFICIAL PRACTICE AND EARN A COOL SHIRT!

<http://www.ManateeTrack.com>