

Distance Training for Early Season Track with no Practice

.Monday- Hilly Run of 30-60 minutes, work hard on the uphill.

Tuesday- Easy run of 30-60 minutes (3-8 miles)

Wednesday- Run 30 -60 minutes , starting easy, gradually increasing pace so the last half of your run is fast enough so that you are on the edge of going into oxygen debt

Thursday- Easy run of 20-40 minutes (2-5 miles)

Friday - Run easy for 10 minutes, then fast for 5 minutes, slow for 3 minutes. Repeat 3-5 times, finish with 10 minutes jogging.

Saturday or Sunday- Long run of 45-90 minutes (5-12 miles). Increase by 10-15 minutes every two weeks.

Saturday or Sunday- Rest or easy run.

Stretch after running. Run outside if possible. If not use a treadmill, elliptical, stationary bike or bike outside. Skiing is also an option. Running is the best exercise for running. If you choose to cross-train, you still need to run at least 3 days per week unless injured.

Add 6-8 strides of 80-100 meters during or after your run 3 times per week as your fitness improves.

Hopefully, we will have a track season. If not by training, you will be better prepared for summer cross country training and ready to run a good half marathon. This base training will help you get faster in every 400 meters or longer.