

2018-2019 Bulldog Winter Running Program

On the following pages, you will find an overview and summary of what you are expected to do this winter in order to prepare yourself for a successful, fun, and injury-free track season.

Notes:

- There are **18 Weeks** in between the end of Cross Country season and the beginning of Track season.
- If you haven't done so already, you should take 5-7 days down before the end of 2018. If you are hurt or fatigued, you should do this now and get healthy. If you feel good, keep running. A good time to take a down week is between Christmas and New Year's. If you are not injured or fatigued, just reduce your mileage and run only every other day.
- If you are in a winter sport, that sport takes priority.
- Weight Room: Lifting weights in the off-season will make you faster, stronger, less injury prone, and an all-around better athlete.
- **Consistency is key** - Freshmen and new runners should be running 4-5 days a week. Everyone else should be running up to 6 days a week. Running 30 miles one week and then not running for two weeks will not help you get ready for track. Set a routine and make training part of your daily schedule. Organize a group to run with and hold each other accountable in your training.

General Training Overview:

- November: Base miles
- December: Base miles + Strides
- January: Hills, Fartleks, Tempos
- February: Hills, Fartleks, Tempos

Mileage Expectation for Week 1 of Track Season:

Your off-season training should prepare you to run the following mileage the first week of track:

- Frosh/New runners: 20-25 miles
- Soph/Jr/Sr (JV): 25-30 miles
- Soph/Jr/Sr (Var): 35-40+

Talk to Coach Wagner for a more specific mileage and fitness goals.

Mileage Calendars:

The workouts given are meant to be flexible depending on the weather, how you feel, and your schedule. Don't feel like you need to do exactly what is prescribed. Feel free to move the workouts around. You should complete the 1-2 workouts specified for a given week and fill in the remaining days with easy mileage to hit your mileage goal. Turn your calendars in to Coach Wagner when they are complete. Please fill these out fully and describe your run/workout, distance, pace, how you felt, etc. You cannot provide too much information. See below for a brief explanation of the workouts:

LONG RUN - [approx. 20% of weekly mileage] Once weekly

STRIDES - [6 x 20 seconds or 100m] Twice weekly immediately after your run (weather permitting - starting in December) Alternative: over the last mile of run alternate 20 sec hard, 40 sec jog (focus on form).

HILLS - [3-8 x Hill] or [moderate run on hilly course] Once every other week (starting in Jan). You can, and should, vary the distance, pace, and recovery time of the hill reps.

FARTLEK - [10 - 12 quality minutes - 1 2 3 4 or 1 2 3 3 2 1] Once every other week (starting in Jan). This is a continuous run alternating between a "fast" and "recovery" pace. There is no set pace for the "fast" reps but try to keep them roughly the same pace throughout your entire workout.

CRUISE INTERVALS - [3-6 miles of quality split by short recovery] Run at tempo pace or slightly faster. Duration of the fast running should be 3-5 times longer than the recovery. Example: 4 minutes hard followed by 1 minute easy until you reach a total of 3-6 miles of quality

TEMPO - [2 - 5 miles even pace or progression] Once every other week (starting in Jan). This is a continuous run at a steady pace or progressively increasing pace throughout the run. Tempo Runs are Comfortably Hard!

If you have any questions or issues, feel free to contact one of your coaches.

Coach Wagner

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November:

- **Frosh/New runners: 20-25 miles/wk**
- **Soph/Jr/Sr (JV): 25-30 miles/wk**
- **Soph/Jr/Sr (Var): 30-40+/wk**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	29 OCT	30 OCT	31 OCT	1	2	3	4	
2	5	6	7	8	9	10	11	
3	12	13	14	15	16	17	18	
4	19	20	21	22	23	24	25	
5	26	27	28	29	30			

Week 1: Easy running.

Week 2: Easy running.

Week 3: Easy running. Long Run 5-8 miles

Week 4: Easy running. Long Run 5-8 miles

Week 5: Easy running. Long Run 5-9 miles.

November should be spent recovering from the Cross Country season and beginning to build your mileage back up. If you are nursing an injury from Cross Country, take time off and get healthy. You should be completing a long run once a week of approximately 20% of your weekly mileage (5 mile long run for a 25 mile week, 8 mile long run for a 40 mile week). Easy runs should feel easy. Don't try to hit a specific pace but try to run by feel instead.

Fill this calendar out with your daily mileage and return to Coach Wagner ASAP.

December:

- **Frosh/New runners: 20-25 miles/wk**
- **Soph/Jr/Sr (JV): 25-30 miles/wk**
- **Soph/Jr/Sr (Var): 35-40+/wk**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1						1	2	
2	3	4	5	6	7	8	9	
3	10	11	12	13	14	15	16	
4	17	18	19	20	21	22	23	
5	24	25	26	27	28	29	30	
6	31							

Week 1: Long Run 5-9 miles.

Week 2: Long Run 5-9 miles. Strides after two easy runs.

Week 3: Long Run 5-9 miles. Strides after two easy runs.

Week 4: Long Run 5-9 miles. Strides after two easy runs.

Week 5: Long Run 5-9 miles. Strides after two easy runs.

December should see an increase in mileage. Long runs will stay approximately the same length as November. You will now add in strides twice a week after two of your runs. These strides will help prepare you for the more strenuous training that is upcoming and the wider range of motion from the increased pace will help stretch out your muscles from all of the easy running.

Fill this calendar out with your daily mileage and return to Coach Wagner ASAP.

January:

- Frosh/New runners: 20-30 miles/wk
- Soph/Jr/Sr (JV): 25-35 miles/wk
- Soph/Jr/Sr (Var): 35-45+/wk

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	31	1	2	3	4	5	6	
2	7	8	9	10	11	12	13	
3	14	15	16	17	18	19	20	
4	21	22	23	24	25	26	27	
5	28	29	30	31				

Week 1: Fartlek. Hills. Long Run 5-9 miles.

Week 2: Cruise Intervals. Strides. Long Run 5-9 miles.

Week 3: Fartlek. Hills. Long Run 5-9 miles.

Week 4: Cruise Intervals or Tempo. Strides. Long Run 5-9 miles.

Week 5: Fartlek. Hills. Long Run 5-10 miles.

We will start adding more quality running to the schedule in January. If you haven't been running consistently in November and December, do not jump straight into these workouts. Run consistently for at least 3-4 weeks before beginning these workouts.

Move your workout days around depending on the weather, just make sure to have an easy run between two workouts.

Workouts at the Pettit also begin in January. These workouts will be more structured than what is listed on your calendar. Coach Kerhin or Coach Wagner should have reached out to you by the end of December to let you know the dates and times or these workouts but contact them if you are not sure.

Fill this calendar out with your daily mileage and return to Coach Wagner ASAP.

February/March:

- Frosh/New runners: 20-30 miles/wk
- Soph/Jr/Sr (JV): 25-35 miles/wk
- Soph/Jr/Sr (Var): 35-45+/wk

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1				31	1	2	3	
2	4	5	6	7	8	9	10	
3	11	12	13	14	15	16	17	
4	18	19	20	21	22	23	24	
5	25	26	27	28	1 MARCH	2 MARCH	3 MARCH	

Week 1: Fartlek. Hills. Long Run 5-9 miles.

Week 2: Cruise Intervals or Tempo. Strides. Long Run 5-9 miles.

Week 3: Fartlek. Hills. Long Run 5-9 miles.

Week 4: Cruise Intervals or Tempo. Strides. Long Run 5-10 miles.

Week 5: Fartlek. Hills. Long Run 4-7 miles.

One month left to prepare yourself for the season. If you haven't done so already, start thinking about your goals for the upcoming year - have you put in enough work to reach those goals?

If you have been training consistently this winter, take the last week before the season as a down week.

Fill this calendar out with your daily mileage and return to Coach Wagner ASAP.