

# WINTER CONDITIONING – GROUP A DISTANCE RUNNERS

I hope that you will take the time to follow this schedule. If you want to have a successful T&F season, then this schedule will help you be prepared for the first day of practice and the meets.

If you get sick or injured, then take the time to get healthy. You need to use your common sense on when you should start running again. Don't start too soon and don't take too much time off.

If able, compete in the Winter Grand Prix for the experience and their workout value. If you need transportation, talk to a peer who might be going. If you can't race, then make it a hard simulation day.

I will do all I can to help you train and compete, but you are going to want to have to do it. Nobody is going to make you go out there and run. You are going to have to make the personal choice.

If possible, I would like to be kept updated on your progress.

If you have any questions, please talk to me. My door is open even when it is closed.

## Constant Reminders

- **More than welcome to meet Room 125 at 2:30, on every non-early release day.**
- Follow the schedule, no matter the weather.
- Stretch every day before and after practice.
- Take care of yourself. Hydrate well. Get plenty of sleep. Eat properly.
- On a regular basis, do our typical “sets”.
- On a regular basis, do the drills. Try to find some soft surface, grass, gravel. Do not do on concrete/pavement.

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## **Stretching Routine – Before and after every day of running.**

1. Standing up. Feet together. Touch toes.
2. Standing up. Crossover. Touch Toes. Switch for both stances.
3. Standing up. Pull leg behind. Quads. Switch for both legs.
4. Sitting down. Butterflies.
5. Sitting down. One leg in. One leg straight. Switch for both legs.

6. Sitting down. Crossover/Pretzel. Switch for both legs.
  7. Tanner Hastings
  8. Calves. Switch for both legs.
  9. Ankle rotations on toe point. Switch for both legs.
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**Drills Routine – Before running for 2-3 days a week.**

1. & 2. Toe walks - No arms                      Toe walks - Arms
  3. & 4. Heel walks - No arms                      Heel walks - Arms.
  5. Knee pulls.
  6. Barn Doors
  7. Bent knees high kicks.
  8. Dean's Foot touches.
  9. & 10. & 11. Rods Down and back.                      Quick stops.                      Backwards Rods.
  12. & 13. Kickbutt A's                      Kickbutt B's
  14. Skips
  15. Side to Sides. Down and back.
  16. 1-2-3's.
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**Lower Leg Routine – Each one done once a day on non-drills days.**

**Lower leg injuries are always a problem. Try a few of these each day while you are watching TV, doing homework, surfing the internet, playing Xbox.**

1. Toe and heel walking. This can be done while on your way to the kitchen. Or across the room to your desk.
2. Reverse toe and heel walking. Same as above but backwards.
3. Ankle rotations
4. Calves stretch.
5. Toe pops and toe raises. Do these either standing or while sitting, but not weight bearing. (Easy to do while sitting at your desk in math or DECA.) Point or lift toe and return to the starting position. Be sure to contract muscles at top and bottom of range. Should be done in equal numbers left and right.

6. Toes and Towels. Lay towel flat on floor and pick up with toes, repeat. 10-20 with each foot. Continue with ankle rotations on toe point to increase flexibility.

7. Continue with ankle rotations on toe point to increase flexibility.

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### **Other Items – Once a week**

1. 30 min/wk jump rope
  2. 5x 15 box jumps up (if they can't do jumps then do 15 step ups with left leg then 15 right leg.
  3. 5x 15 step downs off box each leg (Should help with the rash of patella tendonitis.)
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### **Running Schedule**

#### **November 26<sup>th</sup> to December 2<sup>nd</sup>**

Mon. – 3 miles	Tues. – 3 miles
Wed. – 4 miles	Thur. – 3 miles
Fri. – Watershed - 3 miles	
Sat. – Winter G.P. #1 or 4 miles	Sun – Day off
20 miles for week	

#### **December 3<sup>rd</sup> to 9<sup>th</sup>**

Mon. – 4 miles, 4-100m strides at 800m goal pace	Tues. – 3 miles
Wed. – 4 miles	Thur. – 3 miles,
Fri. – Watershed - 4 miles	
Sat. – 3 miles	Sun. – Day off
21 miles for week	

#### **December 10<sup>th</sup> to 16<sup>th</sup>**

Mon. – 3 miles, 4-100m strides at 800m goal pace	Tues. – 3 miles
Wed. – 5 miles	Thur. – 4 miles
Fri. – 3 miles	
Sat. – Winter G.P. #2 or 4 miles	Sun. – Day off
22 miles for week	

#### **December 17<sup>th</sup> to 23<sup>rd</sup>**

Mon - 4 miles	Tues - 3 miles	Wed - 5 miles
Thur - 3 miles	Fri – Watershed - 4 miles, 4-100m strides at 800m goal pace	
Sat - 3 miles	Sun – 5 miles	27 miles for week

#### **December 24<sup>th</sup> to 30<sup>th</sup>**

Mon – 3 miles	Tues - Day off. See, I'm not a Grinch
Wed - 5 miles	Thur - 4 miles
Fri – 3 miles	
Sat - 5 miles	Sun – 3 miles
23 miles for week	

#### **December 31<sup>st</sup> to January 6<sup>th</sup>**

Mon – 4 miles	Tues - Day off. HAPPY NEW YEAR!!!
Wed - 6 miles	Thur – 4 miles
Fri – Watershed - 3 miles, 4-100m strides	
Sat – Winter G.P. #3 or 12/12/12 workout – 4 miles	Sun – 3 miles
24 miles for week	

#### **January 7<sup>th</sup> to 13<sup>th</sup>**

Mon – Griffin - 6 miles, 4-100m strides	Tues – 3 miles
Wed - 5 miles	Thur - 4 miles
Fri – Watershed – 6 miles, 4 hill repeats	
Sat – 4 miles	Sun – 3 miles
31 miles for week	

**January 14<sup>th</sup> to 20<sup>th</sup>**      Mon – Griffin – 7 miles / 55 min, 4-100m strides      Tues - 3 miles  
Wed - 5 miles      Thur - 4 miles      Fri – Watershed - 5 miles, 4 hill repeats  
Sat – Winter G.P. #4 or 12/12/12 workout – 4 miles      Sun – Day off      28 miles for week

**January 21<sup>st</sup> to 27<sup>th</sup>**      Mon – Griffin - 8 miles / 60 min, 4-100m strides      Tues – 4 miles  
Wed - 6 miles      Thur - 5 miles      Fri – Watershed – 5 miles, 4 hill repeats  
Sat - 4 ½ miles      Sun - 4 miles      39 miles for week

**January 28<sup>th</sup> to February 3<sup>rd</sup>**      Mon – Griffin - 7 miles / 55 min, 4-100m strides      Tues – 4 miles  
Wed - 6 miles      Thur – 5 miles      Fri – Watershed - 4 miles, 4 hill repeats  
Sat – Winter G.P. #5 or 12/12/12 workout – 4 miles      Sun - Day off      30 miles for week

**February 4<sup>th</sup> to 10<sup>th</sup>**      Mon – Griffin - 8 miles / 60 min, 4-100m strides      Tues - 5 miles  
Wed – 6 miles      Thur – 5 miles      Fri – Watershed – 6 miles, 4 hill repeats  
Sat - 5 miles      Sun - 4 miles      39 miles for week

**February 11<sup>th</sup> to 17<sup>th</sup>**      Mon – Griffin – 8-9 miles / 60 min, 4-100m strides      Tues - 4 miles  
Wed - 6 miles      Thur - 5 miles      Fri – Watershed - 4 miles, 4 hill repeats  
Sat - Winter G.P. #5 or 12/12/12 workout – 4 miles      Sun - Day off      32 miles for week

**February 18<sup>th</sup> to 24<sup>th</sup>**      Mon – Griffin – 8-9 miles / 60 min, 4-100m strides      Tues - 5 miles  
Wed – 6 miles      Thur – 5 miles      Fri – Watershed - 6 miles, 4 hill repeats  
Sat - 6 miles      Sun - Day off      36 miles for week

## **First Day of Spring T&F Practice is Monday, February 25<sup>th</sup>**

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### **Sets Routine – After running every day.**

1. Pushups.
  2. Leg Raises / Flutter Kicks / Side to Side Kicks / Crunches. Switch from day to day.
  3. Toe pops.
  4. Arms
  5. Stars (Both legs – Both directions)
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