

WINTER CONDITIONING – GROUP B 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.

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.
-

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.
-

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.

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.)
-

Running Schedule

November 26th to December 2nd Mon. – 2 ½ to 3 miles Tues. – 2 ½ to 3 miles
Wed. – 3 miles Thur. – 3 miles Fri. – Watershed - 3 miles
Sat. – Winter G.P. #1 (4 miles) or 4 miles Sun – Day off

December 4th to 9th Mon. – 2 ½ to 3 miles, 4-100m strides at 800m goal pace Tues. – 2 ½ to 3 miles
Wed. – 3 to 4 miles Thur. – 3 miles Fri. – Watershed - 3 to 4 miles,
Sat. – 3 miles Sun. – Day off

December 10th to 16th Mon. – 2 ½ to 3 miles, 4-100m strides at 800m goal pace Tues. – 2 ½ to 3 miles
Wed. – 3 to 4 miles Thur. – 3 miles Fri. – 3 miles
Sat. – Winter G.P. #2 (4 miles) or 4 miles Sun. – Day off

December 17th to 23rd Mon. – 3 miles, 4-100m strides at 800m goal pace Tues. – 3 miles
Wed. – 4 miles Thur. – 3 miles Fri. – Watershed - Watershed Holiday Run - 3 miles
Sat. – 3 miles Sun. – 3 miles

December 24th to 30th Mon. – 3 miles Tues. – Day off. See, I'm not a Grinch
Wed. – 4 miles Thur. – 3 miles Fri. – 3 to 4 miles
Sat. – 3 miles Sun. – 3 miles

December 31st to January 6th Mon. – 3 miles Tues. – Day off. HAPPY NEW YEAR!!!
Wed. – 4 ½ miles Thur. – 3 miles Fri. – 3 ½ miles, 4-100m strides at 800m goal pace
Sat. – Winter G.P.# 3 (4 miles) or 10/10/12 workout Sun. – Day off

January 7th to 13th Mon. – Griffin – 4 miles, 4 strides Tues. – 3 miles
Wed. – 3 to 4 miles Thur. – 3 miles Fri. – Watershed – 4 miles
Sat. – 3 miles Sun. Day off

January 14th to 20th

Wed. – 4 miles

Sat. – Winter G.P. #4 (4 miles) or 10/10/12 workout

Mon. – Griffin - 4 ½ miles, 4-100m strides

Thur. – 3 miles

Sun. – Day off

Tues. – 3 miles

Fri. – Watershed - 3 miles, 4 hill repeats

Sun. – Day off

January 21st to 27th

Wed. – 4 miles

Sat. – 3 miles

Mon. – Griffin – 4 ½ miles, 4-100m strides

Thur. – 3 miles

Sun. – Day off

Tues. – 3 miles

Fri. – Watershed – 3 ½ miles, 4 hill repeats

January 28th to February 3rd

Wed. – 4 ½ miles

Sat. – Winter G.P. #5 (4 miles) or 10/12/12 workout

Mon. – Griffin - 5 miles, 4-100m strides

Thur. – 3 miles

Sun. – Day off

Tues. – 3 miles

Fri. – Watershed - 4 miles, 4 hill repeats

Sun. – Day off

February 4th to 10th

Wed. – 4 miles

Sat. – 3 miles

Mon. – Griffin - 5 miles, 4-100m strides

Thur. – 4 miles

Sun. – Day off

Tues. – 3 miles

Fri. – Watershed - 4 miles, 4 hill repeats

February 11th to 17th

Wed. – 4 miles

Sat. – Winter G.P. #6 (4 miles) or 10/12/12 workout

Mon. – Griffin - 5 miles, 4-100m strides

Thur. – 4 miles

Sun. – Day off

Tues. – 3 miles

Fri. – Watershed - 4 miles, 4 hill repeats

Sun. – Day off

February 18th to 24th

Wed. – 4 miles

Sat. – 4 miles

Mon. – Griffin - 4 miles, 4-100 strides

Thur. – 4 miles

Sun. – Day off

Tues. – 3 miles

Fri. – Watershed – 4 miles, 4 hill repeats

First Day of Spring T&F Practice is Monday, February 25th

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)
-