

DISTANCE SCHEDULE 1/13-1/19

All running is outside so dress appropriate

- Practice starts everyday at 3:10 dressed and ready to head outside with rope and water in the fieldhouse, not the locker room.
- **Sunday 1/13:**
 - Off – Down week in training schedule so no cross training
- **Monday 1/14:** Recovery run – finish time close to 4:15
 - Leaders: **Sammy and Mackenzie**
 - 5 min. overview of season
 - Lunge matrix and leg swings
 - 30-40 minute recovery run
 - Rope stretch
- **Tuesday 1/15:** Recovery run – finish time close to 4:15
 - Leaders: **Lexie and Lexy**
 - Lunge matrix and leg swings
 - 30-45 minute recovery run
 - Rope stretch
- **Wednesday 1/16:** Mile Time Trial – finish time close to 4:30 for those who have logged, closer to 5 for those who haven't
 - Leaders: **Rachel and Mary**
 - Lunge matrix and leg swings
 - 15 minute warm-up (6 min. easy, 3 minutes faster tempo-ish pace, 6 min. easy)
 - Dynamics and strides
 - 1 mile time trial on the track (I will clear the track on Tuesday if the snow has not already melted)
 - 15 minute cool down
 - Rope stretch
 - **Pass out locks and assign lockers**
 - **Individual conversations with those who haven't logged winter running, all runners who have logged will be done**
- **Thursday 1/17:** Recovery Run and Team Meeting – finish time close to 4:40
 - Leaders: **Beth and Faith**
 - New groupings assigned
 - Lunge matrix and leg swings
 - Varsity: 40-45 minutes, Emerging Varsity: 35-40 minutes, Emerging Elite: 30-35 minutes
 - Rope stretch
 - **Team Meeting**

- **Friday 1/18:** Pre-Meet – finish time TBD, no later than 4:15
 - We will discuss an incentive for **most** Fridays at practice on Monday
 - Lunge matrix and leg swings
 - 30 minutes of easy running and 8 100m strides at mile race pace
 - Rope stretch

- **Saturday 1/19:** Off or Recovery Run on own
 - Off or recovery run of 30-45 minutes with last 5 minutes faster
 - End of Phase I of training