

“To give anything less than your best, is to sacrifice the gift.” – Prefontaine

Winter Break 2015-16

Notes:

This is the time to start building a solid base, which means lots of distance. Boys you will hit 50-60 miles a week this year. Girls you will be close to 40-50 by start of season.

Returning Athletes:

Mondays - Nothing faster than 7:00 pace for boys girls should be around 8 min pace for now)

Tues/Thurs – should include some type of hill running

Wednesday – Tempo runs – shorter distance, faster pace nothing faster than 6:45 for now for boys, nothing faster than 7:20 for girls)

Saturday – LSD Day

Top Varsity Girls – You should be attempting to run with the boys during this time on LSD days

Newbies:

Your goal is to run at a consistent pace without stopping. Start within your comfort level. The time limits for you are the recommended guideline for you to be ready in July.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Long Run</i>	<i>Hill Day</i>	<i>Tempo</i>	<i>Hill Day</i>	<i>Flat Run</i>	<i>Long Slow</i>
Here are suggested runs for every day.>>>>>						
20 Rest/Recovery Or Bike/Swim	21 JV G: Corona JV B,VAR G: Pedley VAR B: CA	22 JV G: Norconian JV B/Var G: Norco Trail Var B: Norco Trail	23 JV G:Trail JV B/VarG: Bridge Var B: Bluff. Newbies –20 min	24 JV G: Norconian JV B/Var G: Norco Trail Var B: Norco Trail	25 NB: Stop sign JV G: 64 th JV B,VAR G,VAR B: Holmes	26 Hidden Valley: JVG: Cement Block JVB/VarG: Cement Block Var B: Bridge
27 Rest/Recovery Or Bike/Swim	28 JV G: Corona JV B,VAR G: Pedley VAR B: CA Extended	29 JV G: Norconian JV B/Var G: Norco Trail Var B: Norco Trail extended	30 JV G:Trail JV B/VarG: Bridge Var B: Bluff Ext.Newbies –20 min	31 JV G: Norconian JV B/Var G: Norco Trail Var B: Norco Trail extended	1 NB: Stop sign JV G: 64 th JV B,VAR G,VAR B: Holmes/Holmes Ext	2 Hidden Valley: JVG: Cement Block JVB/VarG: Bridge Var B: Park
3 Rest/Recovery Or Bike/Swim	4 Time Trial Meet at ERHS	5 NB: Stop sign JV G: 64 th JV B,VAR G,VAR B: Holmes/Holmes Ext	6 Meet at Norco Trails	7 JV G:Trail JV B/VarG: Bridge Var B: Bluff Ext.	8 Meet at Pikes Peak	9 Hidden Valley: JVG: Cement Block JVB/VarG: Bridge Var B: Park
10 Rest/Recovery Or Bike/Swim	11 <u>First Day of 2nd Semester</u>	There will be a time trial on Jan. 4th				
Every athlete should be completing the myrtle routine on Mon, Wed, Fri: https://www.youtube.com/watch?v=2GLrKf54yA0 Please also complete the core work outs which are attached and described on Tues/Thurs.						