

# Winter Training

## December

December 19 - 30 to 40 min / 60-70% MHR  
December 20 - 20 to 35 min / 80% MHR  
December 21 - Long Run / 40 to 60 min / 50 - 60% MHR  
December 22 - NEK  
December 23 - REST  
December 24 - 30 to 40 min / 3 - 4 1 min Hill Surges  
December 25 - REST  
December 26 - 30 to 40 min / 60 - 70% MHR  
December 27 - 30 to 45 min / 80% MHR  
December 28 - Long Run / 45 to 60 min / 50 - 60% MHR  
December 29 - NEK  
December 30 - Rest  
December 31 - 30 to 40 min / 60 - 70% MHR

## January

January 1 - NEK  
January 2 - 30 to 40 min / Hills - 4-5 1 min surges  
January 3 - 20 to 30 min / 50 - 60% MHR  
January 4 - Long Run / 40 - 50 min / 60% MHR  
January 5 - NEK  
January 6 - REST  
January 7 - 30 to 40 min / 60 - 70% MHR  
January 8 - NEK  
January 9 - 40 to 45 min / middle 10 min / 85% MHR  
January 10 - REST or 20 min / 50% MHR  
January 11 - JCCC Meet  
January 12 - NEK  
January 13 - REST  
January 14 - 30 TO 50 MIN / 60 - 70% MHR  
January 15 - NEK  
January 16 - 20 to 40 min / Hills / 5 1min surges  
January 17 - 10 min 50% MHR / 10 min Fartlek ( 1 min fast , 1 min slow)  
January 18 - REST or 20 min Jog  
January 19 - KSU Meet  
January 20 - REST  
January 21 - 40 to 50 min / 60 - 70% MHR  
January 22 - NEK P  
January 23 - 30 to 40 min / 85% MHR / Middle 20 min  
January 24 - 20 to 30 min / 50% MHR  
January 25 - REST or 20 min Jog  
January 26 - KU Meet 14 & over / NEK P  
January 27 - REST  
January 28 - 30 to 50 min / 60 - 70% MHR  
January 29 - NEK

January 30 - 30 to 40 min / Middle 20 min / 80% MHR

January 31 - 20 to 30 min / 50% MHR

**\*\* MHR - Max Heart Rate**

**Winter training philosophy will concentrate on base building with emphasis on aerobic endurance. We will try to build milage through out the winter. A weekly long run will be recommended. This program will not incorporate speed work required during a competitive period.**