

MVHS Mid/Long Distance Training

December 2013

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
1		2	Week #1 MVHS 3:10	3	MVHS 3:10	4	MVHS 3:10	5	MVHS 3:10	6	MVHS 3:10	7	OYO (on your own)	
			30-40 mins		35-45 mins		30-40 mins		35-45 mins		30-40 mins		Long Run	
			or		or		or		or		or		40-60 mins	
			4- to 6 miles		4 to 6 miles		4 to 6 miles		4 to 6 miles		4 to 6 miles		or	
												5 to 8 miles		
8	OYO	9	Week#2 MVHS 3:10	10	MVHS 3:10	11	MVHS 3:10	12	MVHS 3:10	13	MVHS 3:10	14	OYO	
	30-40 mins		35-45 mins		30-45 mins		35-45 mins		30-45 mins		35-45 mins		Long Run	
	4 to 6 miles		or		or		or		or		or		50-70 mins	
	or		4 to 6 miles		4 to 6 miles		4 to 6 miles		4 to 6 miles		4 to 6 miles		or	
	Rest											6 to 10 miles		
15	OYO	16	Week#3 MVHS 3:10	17	OYO	18	OYO	19	OYO	20	X-Mas Party and Run. MVHS 3:00	21	OYO	
	30-45 mins		35-50 mins		35-50 mins		35-60 mins		35-50 mins		35-60 mins		Long Run	
	4 to 6 miles		or		or		or		or		or		55-75 mins	
	or		4 to 7 miles		4 to 7 miles		4 to 8 miles		4 to 7 miles		4 to 8 miles		or	
	Rest											6 to 11 miles		
22	OYO	23	Week#4 Redstone Park 9 a.m.	24	OYO	25	OYO	26	OYO	27	OYO	28	OYO	
	30-50 mins		40-60 mins		35-50 mins		40-60 mins		35-50 mins		40-60 mins		Long Run	
	4 to 7 miles		or		or		or		or		or		60-80 mins	
	or		5 to 8 miles		4 to 7 miles		5 to 8 miles		4 to 7 miles		5 to 8 miles		or	
	Rest				Strides			Strides				7-11 miles		
29	OYO	30	Week #5 Rocky Heights MS 9 a.m.	31	OYO	1	OYO	2	Bluffs 9 a.m.	3	Red Stone Park 9 a.m.	4	OYO	
	30-55 mins		40-60 mins		35-50 mins		40-70 mins		35-50 mins		40-60 mins		Long Run	
	4 to 8 miles		or		or		or		or		or		60-85 mins	
	or		5 to 8 miles		4 to 7 miles		5 to 10 miles		4 to 7 miles		5 to 8 miles		or	
	Rest		Strides/Powerhills		Strids/Power Hills			Strides/Power Hills				7-12 miles		
5	OYO	6	Week #6	Important Reminders										
	30-60 mins		Back to School		December is our "re-entry month". This is when we have taken time off and are now getting back into shape.									
	4 to 8 miles		Be ready to do 1 tempo		Keep all runs easy to moderate this month, no intensity! The goal is to build your milage back-up to where it was during the XC season and to prep for tempo and hill workouts to come after winter break. You decide how far you need to run each day w/ the goal of doing a little more each week.									
	or		workout and 1 hill		Shoot for 6-7 runs a week. Only do doubles after 3-4									
	Rest		workout by week #6											